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Remembering a fallen hero

At a recently held Chabad of Centrepointe art show featuring his work, artist Rabbi Elie Benzaquen presented one of the first lithograph editions of his painting *Soul in the Sky* to Israeli Ambassador to Canada Haim Divon. The lithograph is a gift to the people of Israel in memory of Astronaut Ilan Ramon.

Benzaquen believes that Ramon was not only a symbol of the modern scientific Israel, but also someone who was connected to the rich and spiritual past of his people. "It was in this way that, as a Jew, I felt connected to Ilan and his mission and it was in this way that I felt affected when we all heard the terrible news of the loss of the shuttle and her heroic crew... As an artist, I felt compelled to express myself and create a memorial painting, even as an art exhibition of my Judaic art, planned months before, loomed close..."

Over 200 people attended the Benzaquen exhibition, *Jewish Life: Past and Future*, which featured more than 25 paintings of scenes and characters of Jewish life. Elie Benzaquen's work can be viewed at www.pmoinearts.com.

Volunteer organization provides hope for those suffering from eating disorders

By Pamela Rosenberg

After many long hours sitting in the waiting room at CHEO three frustrated mothers of anorexic teens, with many questions and little support, got together and started Hopewell, The Eating Disorders Support Centre of Ottawa.

Founded by Joanne Curran, Lucyna Neville and Shelley Shusterman, Hopewell was formed to provide persons affected by eating disorders with the additional support and resources they need throughout the treatment and recovery process.

Shelley Shusterman's youngest daughter was just turning 16 when she became ill and Shelley found herself with nowhere to turn for answers.

"There was an adolescent



(From left to right): Founding members of Hopewell, Joanne Curran, Lucyna Neville and Shelley Shusterman with singer Anne Murray at a fundraiser gala reception for Hopewell.

clinic at CHEO but there was no program, we felt guilty every time we pulled the doctor aside to ask questions...," says Shelley. "One of the other women there had

been to Sheena's Place in Toronto, a community based support centre and she was saying how wonderful it was. We wondered... why don't we have something like that

in Ottawa?..

They got the ball rolling in 1998 when the three women organized a parent meeting at the hospital where

(Continued on page 2)

'Dual loyalist' stands by Israel

By Calev Ben-David

Yes, I admit it: I am guilty of dual loyalty, to both my homeland, the United States, and to my adopted nation, Israel.

Fortunately for me I live in the latter, where not many people seem to care about the strong feelings I still have for the Old Coun-

try. In fact, native Israelis tend to be more suspicious or cynical of the fact that I'm even still hanging on here, despite the fact I hold American citizenship. In their eyes, I'm not guilty of dual loyalty, but of too much naive or misguided loyalty to Zionist ideals that not many Israelis nowa-

days, and very few American Jews ever, really bother to take seriously.

Unfortunately, the same doesn't seem to hold true in the US, where periodically the charge of dual loyalty creeps up from its permanent base in the subterranean societal stratum of anti-Semitic, neo-Nazi, far-right hate

groups, to more elevated realms of public discourse.

The latest outburst has come during the past two months regarding the role of several prominent American-Jewish "neoconservatives," in formulating the Bush administration's war policy on Iraq, a group that includes Deputy

(Continued on page 2)

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'Dual loyalist' stands by Israel as America marches to war

(Continued from page 1)
Secretary of Defense Paul Wolfowitz, Undersecretary of Defense Douglas Feith, National Security Council official Elliott Abrams, policy adviser Richard Perle and *Weekly Standard* editor William Kristol.

Together they form an updated version of Pat Buchanan's notorious "amen corner" of Israel supporters in Washington supposedly pushing America into a war with Iraq that is largely for Israel's benefit. But whereas during the first Gulf War, Buchanan's remarks were met with widespread condemnation and derision, questions about an alleged Jewish neoconservative "cabal" steering the US into battle are being asked, and taken, on a much more serious level.

Columnist and CNN commentator Robert Novak, a veteran antagonist of Israel-supporters, has dubbed the coming conflict "Sharon's war," and in turn has been accused by *New*

Republic senior editor Lawrence Kaplan of injecting "toxic talk" into Iraq debate. *Washington Times* columnist Georgie Anne Geyer has taken aim at "the fanatic neoconservatives around the administration, the rabid Israel supporters in the White House and the Pentagon."

Former presidential candidate Gary Hart clearly seemed to be targeting Jewish-American supporters of Israel when he said that we "must not let our role in the world be dictated by Americans who too often find it hard to distinguish their loyalties to their original homelands from their loyalties to America and its national interests."

At an anti-war rally, Virginian Democratic Congressman James P. Moran Jr. declared that, "If it were not for the strong support of the Jewish community for this war with Iraq, we would not be doing this." And on *Meet the Press*, host Tim Russert, taking note of the growing

debate about Israel's role in America's Iraq policy, asked Perle point-blank: "Can you assure American viewers across our country that we're in this situation against Saddam Hussein and his removal for American security interests? And what would be the link in terms of Israel?"

Clearly while the war would be good for the Jews – or at least for those of us living in the Jewish state – such war-talk is not.

Most Jewish neoconservatives make no bones about the fact that they see in the Iraq war a fortuitous convergence of (according to their geopolitical perspective) American and Israeli interests, based on the theory that toppling Saddam will help plant the seeds of Arab democracy and moderation throughout a region that spawned Osama bin Laden and al-Qaeda.

"I don't see what would be wrong with surrounding

Israel with democracies," Perle responded to Russert. "Indeed, if the whole world were democratic, we'd live in a much safer international security system because democracies do not wage aggressive wars."

That's an eminently reasonable, cards-on-the-table response. So why the recent outbursts about the role played by American Jews in formulating Bush's Iraq policy? What's changed since last autumn, when *Slate* columnist Michael Kinsley called it the "proverbial elephant in the room, everybody sees it, no one mentions it."

The problem, I suspect, is that so far almost nothing has changed. The longer the Bush Administration drags its feet in finally firing the opening shot, the more and more ineptly it handles the diplomatic buildup to hostilities. And Bush's increasing failure to clearly articulate

his reasons and goals (his desultory performance in a recent press conference only strengthened my fantasy that Tony Blair will be appointed White House spokesperson) only fuels a mounting anti-war opposition that in its flailing about sometimes dips down into the lower realms of traditional anti-Semitic innuendo.

Do Americans of European descent risk being accused of dual loyalty if they question whether war with Iraq will strain US ties with France and Germany? Of course not. And if these are the kinds of questions being raised when George "my favourite philosopher is Jesus" Bush is in the White House, I shudder to think what Novak and Co. would be saying if it were Joe Lieberman sending US boys into battle in the Middle East.

Are Perle, Wolfowitz, Kristol et al guilty of dual loyalty? I think not. In fact,

accusing them only cheapens the term, in my book. Real Israeli-American dual loyalty has to be earned, not bestowed. Try paying taxes to both countries, for starters. Or staying in Israel for decades when most of the fellow American immigrants you came with have gone back home. Or really paying the regional consequences of the next Gulf War if the Bush team's best-laid plans go awry.

I wouldn't say I'm proud to be a dual loyalist – but having chosen to divide my patriotism between two nations, I can't think of two better than America and Israel.

But please, let's not throw the term around too loosely – for both the sake of America's 100-per cent-loyal Jewish citizens, and this admittedly somewhat more divided one.

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Help for those who suffer from eating disorders

(Continued from page 1)
families affected by eating disorders could ask questions. According to Shusterman they had a huge turnout, the parents responded well to it and appreciated the opportunity to talk to each other.

Hopewell, which has its headquarters in the old Jewish Community Centre building at 151 Chapel Street, had its official launch in February 2000 and with the help of grants, donations and dedicated volunteers has been running

self help groups, prevention programs, as well as providing educational resources and workshops ever since.

"Our emphasis is not on treatment, we are filling in the gap between the available treatment in the community," says Shusterman. "We provide support to families, we reach out to the community and we promote awareness of a positive body image. We are focused on prevention, warning signs and fighting eating disorders."

While the vast majority of people with anorexia and bulimia are female, statistics

say that between five and 10 per cent of Canadian males will have an eating disorder.

According to Shusterman a young girl with an eating disorder is typically a high achiever who is not self assured. "She will lose weight and people will say she looks good. Her physiology starts to change with the weight loss and then the eating disorder kicks in."

For males the problem often begins with an interest in bodybuilding which leads to starving themselves.

Some physical warning signs of an eating disorder

according to Hopewell's web site (www.hopewell.an.ca) include a loss of 15 per cent or more of original body weight, sensitivity to cold, general weakness and lowered blood pressure to name only a few.

A representative from Hopewell will be at the Soloway Jewish Community Centre on Sunday, March 30 at 1:00 pm to deliver a talk entitled *Fed Up* (Fighting Eating Disorders by Understanding the Problems). The free lecture is co-sponsored by Adath Shalom Congregation.

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are certain that the goal of 100 'Chai Walkers' can be reached. There is no doubt that the community will come out in record numbers to support the event. With the extra monies raised on this day the entire community will benefit.

If you want to be a 'Chai Walker' or receive more information about the walkathon, please contact Jeremy Miller at the UJA office (798-4696 ext. 270) or go to www.jewishottawa.com and click on the Aviv Festival Walkathon logo.

Up and coming:

April 04-06

An international gathering of young adults. Held in Montreal, this is an opportunity to network, party and participate in educational seminars. For information and registration visit www.imaginemontreal.com or call 798-4696 ext. 246.

May 04-11

Show your solidarity with our local community and Israel in our community wide Yom Ha'atzmaut mission. Join rabbis and community leaders in what promises to be a memorable experience.

May 24

Canadian Friends of Haifa University and the UJA are pleased to host Yuk Yuk's comedy at the SJCC. Tickets are now available call 228-9139 to reserve your seat and receive more information.

May 25

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May 26

"An Evening with Naomi Ragen" is an exciting educational event that will be co-hosted by the State of Israel Bonds and the UJA. Call 722-0200 for information and tickets.

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Volunteer profile: Kami Francis: A Birthright success!

Kami Francis, a second year history student at Carleton University, recently returned from a life-defining trip to Israel.

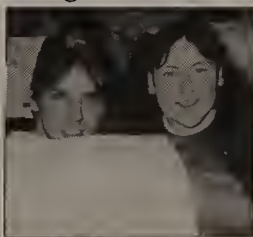
Living in Ottawa most of her life, her Jewish experience was minimal, but the Birthright trip has changed everything. Not only has she become an active member in Jewish student life but Kami also realizes the importance of community.

Since January, Kami has been

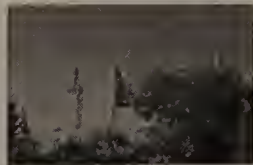
volunteering three days a week at the UJA office. "Not only does volunteering give me a chance to give something back to my community, but it is another way for me to connect."

With the Aviv Festival only a few short months away Kami is looking forward to helping out. Watch for her enthusiasm in the children's area!

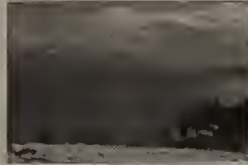
People like Kami "Build Community!"



Kami Francis and Richard Tibo returning from Birthright



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Hebrew-Christian movement a covert threat to Jewish solidarity

By David Aaron

Amidst the endless reports of impending challenges in the realm of national security, it is easy to lose sight of some of the more covert threats to our religious and cultural existence posed by Christian missionary groups, such as Jews for Jesus.

The slogan "If you're Jewish, chances are your grandchildren won't be" has been adopted by the Toronto-based Jews for Judaism, a counter-missionary group whose mandate is to oppose the threat to Jewish solidarity posed by Christian missionary groups, which attempt to convert and

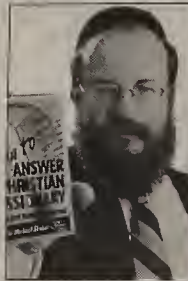
assimilate Jews into non-Jewish culture.

Rabbi Michael Skobac, education director for Jews for Judaism, has dedicated much of his life to keeping this threat front and centre in the eyes of the international Jewish community, having spent years lecturing to audiences around the world about the threat that Christian missionary groups pose to long-term Jewish solidarity. On March 9, Rabbi Skobac spoke to a small but attentive audience at the University of Ottawa about Jewish responses to the Christian missionary threat - an event co-sponsored by the Jewish Students Association-Hillel

and the Campus Synagogue Ohav Yisrael.

The missionary threat may be hard for many Jews to clearly identify, since messianic Christian missionaries often demonstrate few traits that outwardly differentiate them from their conventional Jewish counterparts.

According to Jews for Judaism, members of such Hebrew-Christian organizations present themselves as Jews, complete with traditional Jewish customs, prayers, songs and symbols. They celebrate the same holidays, gather in synagogues and read from the Torah. Most also show a dedicated loyalty to the state Israel. Yet



Rabbi Michael Skobac

according to Rabbi Skobac, the glaring difference is that these groups function on the principle that a dedicated Jewish lifestyle and equally strong belief in and commitment to Jesus Christ are not incompatible.

For almost three uninterrupted hours, Rabbi Skobac deftly displayed the traits of a skilled barrister, as he carefully sewed together the different threads of his lecture that would constitute his counterpunch to the missionary threat.

Beginning with an explanation of the story of Jesus and his disciples, Rabbi Skobac laid out the common interpretations of the New Testament presented by Christian missionaries. He then offered an alternative argument that would render the missionaries' statements less persuasive. Most Hebrew-Christian missionaries, he explained, adhere to

the belief that since the original disciples of Jesus Christ were Jewish, it follows that by getting back to their "Jewish roots" a more "authentic Jesus movement" would prevail, thereby hastening the second coming of Christ.

While many non-Jews have insisted that the only difference between Judaism and Christianity is the latter's belief that Jesus is the Messiah, Rabbi Skobac carefully laid out the differing interpretations of what constitutes a messianic figure in the Jewish and Christian religions, thereby reinforcing their incompatibility. "In Jewish law, believing someone is a messiah is not a crime," he explained, but to suggest a human being is deserving of God-like devotion represents heresy to Jews, despite claims by Hebrew-Christian

missionaries to the contrary.

Like any true rabbi worth his ilk, Rabbi Skobac had a slew of personal stories or humorous anecdotes ready to help reinforce his case. By the end, he had painted a cohesive picture of the beliefs that motivate messianic Christian missionaries, while leaving the audience with a clearer understanding of the challenges posed by such Hebrew-Christian organizations and how to deal with their attempts at persuasion.

While the threat to Jewish solidarity posed by Christian missionary groups is real, efforts by Rabbi Skobac and his organization provide Jews with the resources and reassurance necessary to both identify and combat threats to their continued Jewish identity.



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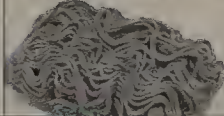


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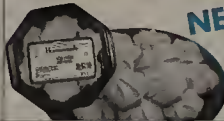


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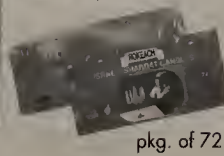
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Members of the Jewish community are invited to nominate individuals to receive the following community awards at the Annual General Meeting of the Vaad Ha'ir in early June.

Gilbert Greenberg Distinguished Service Award

The Gilbert Greenberg Distinguished Service Award is the highest tribute that the Ottawa Jewish Community can bestow on an individual for exceptional service over the course of many years. Initiated in 1980, it bears the name of the late Past President of the Vaad Ha'ir, Gilbert Greenberg, who exemplified the qualities of leadership, which the award endeavours to recognize.

Freiman Family Young Leadership Award

The Freiman Family Young Leadership Award recognizes an individual or an organization within the Jewish community, under the age of 40, who has contributed actively to the Jewish community in the two or more years following his/her participation in the Young Leadership Development Program, or as a young leader rendered exceptional service to the Jewish community.

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- Rabbi Shimon

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- ☐ Gilbert Greenberg Distinguished Service Award
- ☐ Freiman Family Young Leadership Award
- ☐ Shem Tov Community Volunteer Award

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Detail community involvement and special contributions

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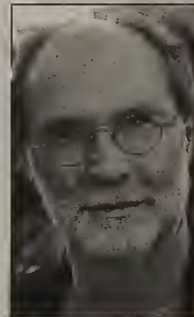
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Norman Spector to speak in Ottawa, Tuesday, April 8

Noted journalist, author, and diplomat, Norman Spector will be speaking at the Soloway Jewish Community Centre on Tuesday, April 8, 2003 at 7:30 p.m. The lecture is sponsored by Congregation Beth Shalom West and the United Jewish Appeal of Ottawa.

As the crisis in the Middle East continues to influence political policies around the world, Norman Spector will share his unique insights and opinions on the conflict, the battle for public opinion, and the prospects for peace.

Tickets for this lecture entitled, *Middle East in Conflict, Middle East at Peace* are currently on sale for \$10 in advance and \$15 at the door. Tickets are



Norman Spector

available by calling the UJA Office at 798-4696 or Congregation Beth Shalom West at 723-1800.

After serving successfully as chief of staff to former Prime Minister, Brian Mul-

rooney, Norman Spector was appointed Ambassador of Canada to Israel from 1992-1995. At that same time, he was charged with forging relations with the Palestinian Authority at a time when the Middle East peace process captivated the hopes of the world.

In 1996, Norman Spector resigned from the public service and shortly thereafter, became publisher of *The Jerusalem Post*. Spector joined the staff of the *Globe and Mail* newspaper in September 1998, writing once a month on Middle East issues.

In recent months, Spector has waged a public battle against the Canadian Broadcasting Corporation over perceived biases in the network's coverage of the Middle East.

If you would like to obtain more information on this lecture, call 798-4696 ext. 255 or log onto www.jewishottawa.org.

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For further information,
call Ketty Samel, 798-2411.

Three Become Bnai Mitzvah

Mazal Tov and Yasher Koach to Joshua Kalman, Nicole Rosove and Brett Dubinsky, all of whom became Bnai Mitzvah recently.

The parents of Joshua and Nicole, and Brett's grandparents Shirley and Edward Dubinsky, chose to add a meaningful dimension to the milestone by inscribing the name of their cherished celebrant in the Sefer Bar/Bat Mitzvah.

Joshua, Nicole and Brett have an open invitation from Keren Kayemeth L'Israel/Jewish National Fund to view their names in the Sefer Bar/Bat Mitzvah whenever they are in Israel. The books are housed in the KKL/JNF offices in Jerusalem.

On a daily basis you can plant trees for all occasions. An attractive card is sent to the recipient. To order, call the JNF office (798-2411).

Partnership with Christian right cynical use of friendship

By David Newman

The experience of giving a lecture to an American audience about contemporary political events in the Middle East is not new.

Invariably there are members of right wing Jewish organizations that try to turn what should have been an informative discussion into a public debate of Left vs. Right. I am criticized for still supporting the principle of a peace process and suggesting that eventually there will probably be a Palestinian state.

But this time, there is a difference. At a meeting in Houston, Texas, some of my most vehement critics do not come from the Jewish section of the audience, but from a large group of Christian Evangelists. They proceed to tell me the Jews are God's chosen people, God has returned us to our ancestral land, and that it is incumbent upon us not to give up a centimeter of territory to the Palestinians.

This, they tell me, is the Divine Plan, the way to finally reach the day of Redemption and herald the arrival of the Messiah.

Since the election of George W. Bush, the right wing Evangelists have used their access to the White House to pressure the president to adopt a pro-Ariel Sharon stance.

Christian Evangelists' belief that the "liberation" of the Land of Israel in the Six Day War was part of a messianic process designed at ultimately hastening the "end of days" is, in many ways, similar to the Jewish fundamentalist vision, albeit with one major difference.

While the right wing

Jewish messianists believe that the Redeemer will be Jewish, the Christian Evangelists see the Jewish return to the Land of Israel as being no more than a necessary stage on the road heralding the ultimate arrival of their own Christian Messiah.

The language used by the two groups is the same. The resulting policy preferences are also the same. But the ideological collision between the two "end of day" visions is so great that this alliance of self-appointed guardians of the faith must surely be one of the most unholy alliances in contemporary global politics.

Practical support for Israel, at a time when the world is becoming increasingly hostile, may be welcome. But the way in which we manipulate that support, as a means of advancing specific political policies, is a cynical use of their friendship.

Neither should we forget that some Evangelical leaders have often come out with statements less than positive toward the Jewish community. Jerry Falwell, once

declared at a rally: "A few of you here don't like the Jews, and I know why."

In 1993, he made a disparaging reference to "the little Jewish lawyer" who was handling a lawsuit that challenged the eligibility of Falwell's Liberty University to receive state aid. In its report on right-wing activism in the US, the Anti-Defamation League concluded that such statements "dehumanize Jews."

Yet, right wing governments in Israel have claimed Falwell as an ally, and he even had a public meeting with former Prime Minister Binyamin Netanyahu when the latter was on a visit to the US. Netanyahu has probably done more than any other Israeli leader to foster and

strengthen the relationship between the American and Israeli religious right.

By allowing the Christian fundamentalists to make an inroad into Israel, the country becomes dependent on a group whose basic ideology is an antithesis to Judaism and who are also responsible for making the Israeli government subject to their hawkish political pressures, advocating policies way to the right of the growing centrist consensus inside Israel itself.

Christian fundamentalists' support in a hostile world may be welcome, but their contribution to the Middle East conflict is a negative one. They have already been mobilized by some Israelis to pressure

(Continued from page 12)

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VAAD Report

Debra Viner
President
Temple Israel

Editor's note: Vaad President Gerold Levitz has arranged to share his column, on occasion, with the chairs or presidents of the community's major beneficiary agencies or committees so that they can provide some insight into their operations.

For almost 38 years, Temple Israel Religious School has provided a high level of excellence in Reform Jewish education. With our temple membership of over 400 families, and our school enrollment of 125 students, from Jr. kindergarten to Gr. 10, we provide a warm and inclusive environment for education for all ages. Our graduates can be found serving as teachers' aides in our Monday evening high school, our Wednesday afternoon Hebrew school and on Sunday mornings at Religious

School.

The ongoing financial commitment of the Va'ad in ensuring that our children receive the support necessary for them to participate fully in the life of our temple is gratefully appreciated. In particular, we are able to provide a supported program for children with special challenges and needs. Our children are grouped together in ability levels to enable them to learn Hebrew in small groups, ensuring that they are successful and feel secure in what they achieve. Children learn the music and prayers that they hear at services, allowing them to feel at home and comfortable in participating in the life of their synagogue. In the spring, our classes each lead a regular Shabbat evening service, linking themselves with their school and synagogue. Our children are all given the opportunity to shine and work together as a group in the regular worship experience of Temple Israel.

We welcome the commitment of the

Va'ad to ensuring that Jewish Education remains a top priority. We look forward to the report of the Strategic Planning Task Force, and we know that the Jewish community will continue to move forward in responding to the educational needs of our children. In real terms, the funding and special allotments that our schools receive from the UJA are critically important to the success of each child's Jewish education.

Temple Israel Religious School continues to develop excellent programs that offer our families the opportunity to learn along with their children. Family education is one of our most exciting, and challenging commitments, and our staff continues to design terrific programs that include parents and children of all ages. As our Gr. 6 children prepare to enter the B'nai Mitzvah class in our high school, they, and their parents join together to learn about, and create the ties that bind the Torah scrolls. When our young women and men

celebrate their B'nai Mitzvah, the Torah scroll from which they chant will be tied with this beautiful piece of Judaic art.

Our younger students have invited their parents for a brunch that they prepared and served, and taught their parents about Shabbat and Havdallah. As part of our temple's social action program, several of our families participated in serving hot meals to the homeless at Parkdale United Church, in their "Out of the Cold" program. Teaching our children the value of *tzedakah* in a meaningful and concrete way is our obligation and each of our classes find ways to instill this into the fabric of the curriculum. The foundations of Torah, *Avodah*, and *G'millut Chasidim* are pillars of Temple Israel and of our school.

The inclusiveness of our children and families within the life of our temple has always been a priority. Please visit our website at templeisraelottawa.ca and you are invited to join us at our school's open house on Sunday April 6.



How I see it

Bob Dale

According to Human Rights Watch, Libya's human rights record is absolutely appalling. Over the past three decades, it has included the abduction, forced disappearance or assassination of political opponents; the torture and mistreatment of detainees; and long-term detention without charge or trial or after grossly unfair trials. Today, hundreds of people remain arbitrarily detained in Libya, some for over a decade. There are also serious concerns about treatment in detention and the fairness of procedures in several on-going high profile trials before the Peoples' Courts. Human Rights Watch also says that Libya has been a closed country for United Nations and non-governmental human rights investigators.

Why should anybody be surprised that Libya has been elected the chair of the United Nations Commission on Human Rights (UNCHR)? The annual meeting of the UNCHR began on March 17 and will last until April 23. Given Libya's human rights record, and the equally dreadful records of many other UN members, guess which country regularly gets condemned the most by the UNCHR? It's not hard to

Another "bash Israel" party has begun at the UN

guess, is it? Over the past few years, over 30 per cent of the UNCHR's time has been spent condemning Israel while the countries whose human rights records are truly disgraceful are never mentioned.

Indeed, it was at the UNCHR that Israel was accused of taking the blood of Arab children to make matza, of infecting West Bank and Gaza well water with the virus causing AIDS, and of committing "crimes against humanity", "war crimes" against the Palestinians and "massacring" civilians in Jenin. It was also under the aegis of the UNCHR that the Durban Conference was transformed into an anti-Israel and anti-Jewish circus. There's more I could say, but I'm sure you get the idea.

Because Libya will be chairing the UNCHR meetings, we can safely bet that the focus on condemning Israel will account for more than 30 per cent of the UNCHR's time this year. The question is, should we really care?

The answer is yes. As I said in my last column, many people just don't have the knowledge, time or interest to learn about the history of the Middle East conflict. Based on what they see and hear in the media, many otherwise well-meaning people have formed an extremely negative image of Israel. Condemnation of Israel by an international human rights body will likely be yet one more confirmation of the wickedness of a country these people know very little about.

Fortunately, there is something we can do. We can all write letters asking the Canadian government to demonstrate moral leadership by supporting Israel, and by voting "no" against resolutions which single out Israel for undue criticism. This is what our government did at last year's UNCHR session, where Canada split its vote on eight resolutions affecting Israel, favouring two, abstaining on two others, and opposing four. On three occasions, Canada joined only Guatemala in opposing resolutions unfairly critical of Israel; and on another occasion, Canada was the only country to cast a no vote against a resolution affecting Israel. In addition, Canada was one of only three countries (along with the US and Guatemala) to oppose the election of Libya as chair of this year's session.

Canada alone does not have the capacity to end the UNCHR's habitual abuse of Israel. However, it can make a difference by emphasizing the tremendous damage to

the agency's credibility resulting from the singling-out of one country, Israel, for prejudicial treatment while at the same time ignoring the truly abhorrent human rights records of other countries.

I urge you to convey this message to Christopher Westdal, Canadian Representative to the UN in Geneva, as soon as possible. His fax number is 011-41-22-919-9233; and his e-mail address is Christopher.Westdal@dfait-maeci.gc.ca. You should also copy your letter to Foreign Affairs Minister Bill Graham. His fax number is (613) 996-3443; and his e-mail address is graham.b@parl.gc.ca.

We're living in a weird world, when the only true democracy in the Middle East has to face the types of outrageous charges that Israel faces at United Nations and other international bodies. Given that, Canadian Jews and other supporters of Israel have no choice but to help out, in whatever way they can.

Letters welcome

Letters to the Editor are welcome if they are brief, signed, timely and of interest to our readership.

The OJB reserves the right to refuse, edit or condense letters. The Mailbag column will be published as space permits.

ottawa Jewish bulletin

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Editor

Barry Fishman

When Cantor Daniel Benlolo wanted to meet to talk about an idea he had been thinking about for months, I was intrigued. After all, this was the man, along with others in our community, who has helped Tamir and Hillel Lodge residents make their dream come true of having a Bat Mitzvah.

I still fondly remember the look of pride and joy on the faces of the Tamir Bat Mitzvah women as they realized they had done something that only a few short months ago they had thought was impossible. I also remember the happiness and pride of those in attendance as they celebrated this life-cycle event with individuals who had never before had the opportunity to participate in a religious ceremony. It was a wonderful example of the caring heart and strength of this community.

And that is what the cantor wanted to talk about. The caring, welcoming Jewish community he has come to know over the years, and how best to mobilize it so that we can reach out to the unaffiliated and help them become part of our community.

He started thinking about this when he noticed that more and more children attending his Bar and Bat Mitzvah classes were from families who were unaffiliated. It became his personal mission to get these people involved and help them find their level of comfort within the community.

Despite all his successes over the years, from the Shira Choir performing for the Queen, to Arts Alive, to the recent show

Reaching out to the unaffiliated



Tillie Greene, with volunteer Estelle Gunner, studies for her Bat Mitzvah. Under the direction of Cantor Daniel Benlolo, Greene, along with Goldie Abramson, Bessie Sandell, Helen Rosenthal and Betty Liebhoff, will be holding a Bat Mitzvah celebration in late March at Hillel Lodge.

honouring Herb Gray, the one thing that truly makes Cantor Benlolo happy is when he gives a concert and sees so many new Jewish faces. "It is a very beautiful feeling to see that these people are somehow connected," he says. The success of Arts Alive *Sephardic: Waves to the Shore* has convinced him that you can reach the unaffiliated if you are willing to offer them something different.

Jewish lifecycle events are important. Every Jewish person, regardless of his or her affiliation or financial means, has the right to have a Bar or Bat Mitzvah. And Cantor Benlolo believes it is our responsibility to make sure that it happens. It is, he says, one of the ways to bring people into the community

and "make them feel welcome."

Ideally, he would like to see the community mount a publicity campaign to reach the unaffiliated. For years, "they have been on the outside looking in and we have been on the inside looking in." Although he believes different communal organizations have worked to reach the unaffiliated, it is, he feels, time that we all got together and made it a community priority.

Benlolo believes in this cause so strongly, that he is willing to forgo his usual charge to teach Bar and Bat Mitzvah lessons to those who cannot afford it. All he asks is that his overhead costs be covered.

"I am almost giving a challenge to all our institutions here, including the Vaad, the

schools, the shuls, to work together and somehow get to the thousands of families who are unaffiliated." He would be quite willing to help set up a committee of representatives from all our communal institutions whose mandate would be to find ways to bring into the community the unaffiliated.

The cantor may be on to something. True, organizations like the shuls, UJA and JFS run programs to attract the unaffiliated. But what would happen if everyone got together to make it a community priority? What can we do to make it easier for our unaffiliated youth to have a Bar or Bat Mitzvah? What type of programs can be run to reach the unaffiliated, singles, families from mixed marriages?

Doing nothing is not an option. There are approximately 15,000 Jews in the Ottawa area – many have very little to do with the Jewish community. It is our responsibility to be proactive, to find ways to reach out to these people. It is the right thing to do. It is also the smart thing to do. Among those unaffiliated parents and the students studying at Cantor Benlolo's school are potential future leaders of our community. Let's make sure they know that we are a welcoming community, one that wants them to get involved.

Congratulations to *Bulletin* contributor David Aaron, the son of Emily and the late Jack Aaron, on receiving his master's degree with distinction in history and international relations from the London School of Economics. Aaron's story on the Jews for Jesus movement and its impact on Jewish communities is on page 4. His profile on the leadership candidates for the Progressive Conservative Party will appear in the May edition of *Ottawa Life*.



From the pulpit

Rabbi
Reuven P. Bulka
Machzikei Hadas

Among the many "isms" that we encounter, one that does not get enough attention and embrace is volunteerism.

Name any organization that does good work, anywhere, and you can be sure that organization has a strong volunteer base. For example, United Way boasts 14,000 volunteers and all the highly successful local telethons have volunteers ranging around the 1,000 mark.

Last year, it was estimated that Canada lost one million volunteers. That is an astounding figure. It means that many organizations will suffer greatly, that services to those in need will be reduced and therefore the general social reality will take a down turn.

In *Sedra Vayakhel*, there is an interesting verse regarding the offerings brought by the Israelites. It reads as follows: "And

Volunteering is essential for our community

they received from Mosheh all the offerings which the Children of Israel brought for the work of the service of the sanctuary wherewith to make it, and they additionally brought unto him free-willed offerings every morning." (Exodus, 36:3).

The last part of the verse is somewhat obscure, and slightly repetitive.

One suggested explanation is that aside from the tangible offering brought by the Israelites, of gold, silver and the like, the poor, who could not afford such donations, gave another type of offering.

They would come to the Mishkan (Tabernacle-Sanctuary) early in the morning and donate extra time on behalf of the Mishkan. Their donation was "every morning."

Donating mornings, afternoons or evenings, that is a most vital offering. It was vital then and vital now – to offer your time, your energy – literally to offer your own self.

There was more than one reason why the Vaad Ha'Ir launched the new volunteer award, under the title of Shem Tov, meaning good name. Arguably, every effective

volunteer has a good name.

Hopefully, the effect of creating this award will be to highlight not only the exemplary volunteers, but also the exemplary nature of volunteering.

Volunteering is more than nice. It is essential to our community. The oil that keeps the community engine going, namely the dollars raised via the United Jewish Appeal, that oil comes from volunteers who follow the fundraising "drill." Staff is important, but every staffer will tell you that without the volunteers, their goals are impossible to achieve.

Such is the case with so many other vital components of the community, which are immeasurably enhanced by volunteer-run programs.

We are blessed in our community, in that we have an impressive array of dedicated volunteers who give of themselves for the betterment of the community and its constituent parts.

But we would be deluding ourselves if we thought that we have a sufficient number of volunteers. We do not.

Over the years, and especially recently,

I have spoken with volunteers who comment on their decreasing number. The load is tending to fall on the backs of fewer and fewer people, and the backs are starting to crumble.

The million person drop in Canadian volunteers is undoubtedly a reflection of the harder economic times. Many who had extra time now need that time to work, to make ends meet.

We tell those who are reluctant to contribute monetarily to the community that this philanthropy is not an act of giving money away. Instead, it is giving money to yourself, because anything that helps to improve the community improves every member thereof.

The same is true, even more pointedly, about volunteering time, wisdom and energy. It helps the community and helps the volunteers. We can never have enough volunteers and, in truth, we do not have anywhere near enough.

Hopefully each of us will choose a favourite cause or activity and invest some of our "self" in it. You, and the community, will not regret it

MAILBAG

Hamantashen recipe a real winner

Every year when I make hamantashen I use a strawberry jam filling. This year I wanted to use something different. When I received my March 3 *OJB*, I was so happy to see the excellent hamantashen recipes that appeared in Cindy Feingold's *Made with Love* column.

I just finished making them, and I used the "Aunt Carol's Prune Filling." (I assume this is Carol Greenberg – thank you, Carol!)

The prune filling is delicious and oh, so easy to make. Thank you Cindy for sharing one of the 'family secrets' with your reading public.

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Community institutions must promote healthy lifestyle

Once again the community is putting on a big pretense of caring about our health, this time about colon cancer.

Many years ago, the community urged all to be tested for the Tay-Sachs gene, because we could expect about one Jewish child in Ottawa to die of this hereditary disease every 10 years. At the same time, the various community facilities permitted smoking, which was killing and sickening many more children and adults. The rabbinate could have banned smoking decades ago because it is a form of self-mutilation. But most rabbis were (and still are) too concerned with their synagogues' bottom line, lest any smoking congregants be offended.

About 35 years ago, I tried to get Hillel Academy, which our sons attended, to get rid of sugary soft drinks and other non-nutritious junk and to hang up some posters on nutrition. Most health professional parents kept quiet. My sons were ostracized because the parents regarded me as a radical nut.

Now that they are faced with the high cost of childhood obesity and type 2 diabetes among obese children, Maine and Los Angeles have proposed banning soft drinks and junk foods from schools.

The SJCC would have us exercise for our health, and then, presumably, fill up on the sugary soft drinks in the machines.

Now that obesity and poor diets have been linked to various forms of cancer, it behooves community institutions to act, not just talk, to promote health, to prevent illness.

Incidentally, the Ottawa Heart Institute puts out literature advocating people eat 25-30 grams of fiber daily, but the menus at the Institute and at the Ottawa Hospital plan for only 15 grams!

Irma Cohen

Terrorist bombing 'attack on idea of co-existence'

Any suicide bomb in a city is appalling. However, the bombing of a bus on route to the Haifa University in a city such as Haifa requires some particular assessment.

Haifa is the best example in Israel of an integrated society in which Arabs and Jews live peacefully together, sharing the same services.

For example, if you visit a hospital, you will find that the patients, the doctors, the nurses and support staff are Jewish and Arab alike. If you take a bus, the driver is likely to be an Arab, as in this case, and some of the passengers too.

Haifa University has among its 14,000 students a high percentage of Arab students and faculty, from both the Muslim and Christian communities. The university has several cultural facilities open to the public, such as museums and galleries and the general public, including many Jewish and Arab children, uses the multilingual library.

Three of our students are among the injured passengers, one very seriously wounded. A new immigrant from Russian who worked as a security guard at the university was killed on his way to work.

To strike at a bus bringing such a population to and from a university such as this, one, which is a true symbol of coexistence and a centre at which future leaders of the Arab community are educated, is more than an expression of calculated hatred.

It is an attack on the idea of co-existence itself.

Terri Davis
Executive Director
Ottawa Branch

Canadian Friends of Haifa University

Loblaws College Square Market

PLANNING FOR PASSOVER

Loblaws College Square Market will have
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beginning Sunday, March 30.

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Please note that the in-store Kosher bakery will cease operation
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Norman Spector
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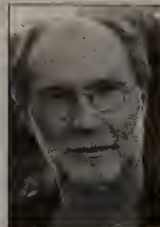
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CFHU lecture, April 2

'Understanding Israeli-Palestinian Relations'

By Shelli Kimmel

Sunny Tavel, president of the Ottawa chapter, Canadian Friends of the Hebrew University of Jerusalem (CFHU), invites members of the Ottawa Jewish community to

her home for a special evening program. "Understanding Israeli-Palestinian Relations: A Dialogue with Professor Mira Sucharov" will take place at 7:30 pm on Wednesday, April 2.

Dr. Sucharov is a assistant professor of political science at Carleton University where she teaches courses on International Relations (IR) and IR theory, the causes of war, and the determinants of foreign policy. In 1999-2000, Sucharov was a visiting fellow at the Harry S. Truman Research Institute for the Advancement of Peace at the Hebrew University of Jerusalem. Additionally, she has taught at Georgetown University and for the University of South Carolina's Washington Semester Program. "I am impressed," says Tavel, "with how accomplished she is for someone her age."

Highly regarded in her field, Sucharov has promised a stimulating discussion for the evening's participants.



Mira Sucharov

For those who pre-register and are interested, informative websites will be suggested. Having spent time with Sucharov, Tavel feels that "anyone who attends the program will be in for a treat."

Everyone is welcome to participate in this program. Kindly RSVP your attendance by calling 829-3150 or e-mail skimmel@cfhu.org.

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Ottawa Post Jewish War Veterans of Canada is offering an award in the amount of \$1,000 to a deserving student

The Jewish War Veterans of Canada, Ottawa Post, is pleased to offer a cash award in the amount of \$1,000 to a Jewish student who is pursuing a post-secondary education. Applicants must be between the ages of 16 and 19 years on or before the 31st day of May 2003 and a resident of the National Capital Region.

In the letter of application, candidates will provide evidence of superior qualities of leadership, good citizenship, scholarship and sportsmanship at school, within the Jewish community and the community at large.

All applicants should provide a letter stating why they think they are eligible. Enclose any support material you may think relevant, to be received no later than April 30, 2003. Send submissions to:

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Ottawa Post
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Important Message for Canada's Permanent Residents

Permanent Resident Card will soon be mandatory.



Save time and money; obtain your Permanent Resident (PR) Card before you travel.

♦ Who needs the new PR Card? Permanent residents (landed immigrants) returning to Canada by airplane, boat, train or bus must have a PR Card. Canadian citizens do not need a PR Card.

♦ When does the PR Card become mandatory? Permanent residents returning to Canada as of December 31, 2003, by airplane, boat, train or bus, must show their PR Card to carrier personnel when boarding to prove their permanent resident status in Canada.

The PR Card replaces the IMM 1000 Record of Landing form, which will no longer be valid for travel purposes.

If you are a permanent resident returning to Canada without a valid PR Card as of December 31, 2003, you will not be permitted to board an airplane, boat, train or bus en route to Canada. You will be referred to the closest Canadian embassy or consulate to obtain a limited use travel document. This will result in travel delays and extra costs for you.

♦ Becoming Canadian. Many permanent residents who can become Canadian citizens are encouraged to apply for their citizenship.

♦ How can you get a PR Card? Application kits are available through Citizenship and Immigration Canada's web site (www.cic.gc.ca) or by calling the PR Card Call Centre (1 800 255-4541).

Applications are being processed based on your year of landing. Check the chart to see in which month you should apply, and apply early. For example, if your year of landing was 1998, you should submit your application in May 2003.

If you have missed your application period, please submit your application as soon as possible.



YEAR OF LANDING	WHEN TO SUBMIT YOUR APPLICATION
2000 - 2002	January to April 2003
1996 - 1999	May 2003
1992 - 1995	June 2003
1988 - 1991	July 2003
1980 - 1987	August 2003
1973 - 1979	September 2003
Before 1973	ANYTIME



For information or application kits:
1 800 255-4541
TTY / TDD: 1 888 576-8502
www.cic.gc.ca

Canada

Fond memories of days spent in Jewish Montreal orphanages

By Pamela Rosenberg

While the history of Montreal's Jewish community has been well documented over the years one important piece of the cities past, until recently, has been overlooked.

Four Hundred Brothers and Sisters is the story of two Montreal orphanages, the Montreal Hebrew Orphans Home and the Montefiore Hebrew Orphans' Home, and the 400 young Jewish girls and boys who passed through their doors between the years 1909 and 1942.

The book was written by Toronto-based author Judy

Gordon with the help of her husband Myer Gordon, a Montefiore alumnus who entered the Home in 1926 at the age of five and spent the next 10 years of his life in the orphanage.

Myer, and his brother Ben, like many who spent their childhood in the orphanage, were not orphans in the true sense of the word. In many cases there was a living parent, but they were simply too poor or sick to look after the children, or were refugees from the First World War.

In Myer's case, following his father's death, his



Four Hundred Brothers and Sisters tells the story of two Jewish orphanages.

mother was forced to put her boys in the orphanage so she could return to New York, where she was from, to get a job. A year later she returned for her sons but the orphanage staff asked her to leave Myer with them because "he was such a good boy."

For many, the word orphanage, conjures up images from the movies of filthy homes or abused children but for the 400 children living at Montreal Hebrew Orphans Home and the Montefiore Hebrew Orphans' Home (both now referred to as

MHOH) that wasn't the case.

"We were a loving group. It wasn't a great place, but it was a great place for orphans. I was taught respect for elders and most of the people from the home have heart," says Myer who harbours no feelings of resentment or animosity and has fond memories of his years in the home.

"We are telling the story of loving Jewish orphanages. They were caring and everyone was wonderful, especially in Myer's home. There was discipline, but not abuse," Judy says.

Originally, the Gordons hoped to have a documentary film made about the MHOH but, after three years of trying, they decided to put their efforts into a book instead.

The book itself is a collection of stories from the alumni combined with information about the history of the Jews in Montreal as well as reproduced docu-

ments and photographs that help tell the tales and set the tone of the time.

"It's a part of history and shows how the community came together to help the children," says Judy.

Ottawa alumnus from the MHOH include Toronto-based Earl Greenberg, who in 1925 at the age of five was sent to the Montefiore Orphans' Home along with four of his five brothers and sisters, Helen (Bleznky), Ann (Gluzman), Harry Greenberg and

Joe Greenberg. The oldest sibling Freda (Swedko) stayed home, in Ottawa, to look after their very sick and poor father.

Judy and Myer Gordon will be at the Soloway Jewish Community Centre on Tuesday, April 1 at 7:30 pm to talk about *Four Hundred Brothers and Sisters* and Myer's experiences in the orphanage.

The cost for SJCC and Greenberg Families Library members is \$2.00 and for non-members \$3.00.

Unhealthy partnership

(Continued from page 7)

President Bush into retracting his statement calling for the eventual establishment of a Palestinian state once the war with Iraq has finished.

If Bush truly wants to advance the cause of peace in this region, it is incumbent upon him to break away from the Evangelists' influence. Equally, our own politicians can thank them

for their support of Israel, but they should refrain from cynically manipulating this support into an advocacy of right wing policies that only make peace even more difficult to achieve.

The writer is professor of Political Geography at Ben Gurion University in Israel and editor of the International Journal of Geopolitics.

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Sharansky meets with Canadians making aliya

By Jenny Hazan

"I think your aliya is more difficult than mine was," Minister-without-Portfolio Natan Sharansky, in charge of Diaspora and Jerusalem affairs, told a group of young Sephardic Jews from Montreal.

"We were fighting against the Iron Curtain, whereas you are fighting against the Golden Curtain, where you have so much - education, comfort, and wealth - to leave behind," he told the group of 18, 21-to-30-year-olds at Jewish Agency headquarters in Jerusalem.

The group, consisting primarily of "birthright Israel" alumni, intends to make aliya together in August.

"The idea is that moving alone is hard and lonely. Coming to Israel with a group of people who know each other provides a structure that will make the process easier. When we finally arrive in Israel, the group is going to be linked very strongly and this will raise the chances for success of everybody's aliya," explained member Frank Azoulay.

After spending the last 10 months meeting in Montreal, the self-started group - which has since received support from the Magshimim Foundation, the UJC's Partnership 2000, the Jewish Agency, The Bronfman Israel Experience Center, and the Andrea

and Charles Bronfman Philanthropy - came on a week-long orientation trip to organize some of the practical aspects of their upcoming aliya, like housing and Hebrew language studies. They met with Sharansky, who agreed to offer his personal advice on the challenges of making aliya.

"I joined the group because it's a great support system," said 29-year-old Ayala Aviel. "Here, we get counselled and given advice and information on what steps to take. I'm with friends, I feel like I'm among a family and this is crucial, especially in these times of hardship that we're facing now everywhere in the world, especially in Israel."

"At this point, after almost 10 months, it's amazing

what this group has achieved," added Azoulay. "Everybody is becoming more and more concerned about other people's needs. People are becoming more and more open about their fears."

Many of these fears were aired to Sharansky, who spent the intimate, hour-long session answering questions and speaking about his own personal experience of coming to Israel from the former Soviet Union, 17 years ago.

In response to 24-year-old Guy Hazan's concern that, once in Israel, his Zionist principles and feelings of connectedness to the community - which he attributed in part to the increasingly virulent anti-Semitic environment in Montreal - would fade, Sharansky said, "When

you make aliya you will find out that your understanding of solidarity with the Jewish people will be different."

After explaining how being abroad can strengthen the Jewish community and its connection to Israel, Sharansky counselled, "The ways in which your Zionism will be expressed will be different here. You'll be building your shul, joining the army. Whereas abroad, it's all in spirit; in Israel, it's all material."

Although most of the session focused on overcoming the challenges of emigrating, coloured by Sharansky's own

personal experiences, a few of the group's questions were off the beaten track.

Michel Elbaz, 31, asked how the repeal of tax-reform clauses affects new immigrants. "I hope that when the clauses will come to be reviewed, it will be changed back, especially now that [Finance Minister Binyamin] Netanyahu is in office," responded Sharansky.

Group leader Tzvi Sperber was interested to know whether Sharansky planned to pursue the issue of making Sunday a day off. "I proposed this three years ago," responded Sharansky. "I



Natan Sharansky
(JP Photo: Ariel Jerozolinski)

thought the best thing to improve civic society and to decrease pressure between the religious and the secular would be to have a second day off. Now, more and more people believe in it ... But the biggest resistance is from the [industrial sector]."

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Mazal Tov!

It's a girl!

Presser-Benedek - With great pleasure, we announce the birth of Aura Sunshine Benedek, on February 25, 2003 in Seattle, Washington. Her parents Joey and Cindy Benedek are in 7th heaven. Her grandparents, Morris Presser, Myra Presser and Magda and Peter Benedek can't wait to see her. Her great grandparents are Ruth Pellatt, Elizabeth Sas and Bea Presser. Aura is named after her great-grandfathers Albert Pellatt and Arpad Benedek.

Ottawa Senators and ScotiaMcLeod help drive UJA golf tournament to new heights

By Shelli Kimmel

The excitement is mounting as the plans for the 10th annual UJA Golf Tournament are taking shape.

Tournament co-chairs

Neil and Randi Shinder are "looking forward to a spectacular day with lots of exciting surprises for this year's tournament participants."

Members of the Ottawa

Senators, who have become one of the key sponsors for the event, will test the mettle of the golfers in some exciting contests. Off the ice and on the green, these NHL superstars will challenge the golfers from the drive to the putt.

Once again, ScotiaMcLeod has stepped up to the tee and continued a long-standing relationship with UJA by signing on as the name sponsor. The tournament committee has been hard at work lining up additional sponsors and planning a day of golf unlike any other.

On Monday, July 7, the Rideau View Country Club will provide the scenic backdrop for the 144 golfers who will participate in this prestigious event. Each year the tournament sells out, so anyone wishing to participate should register immediately. The \$200 registration fee includes kosher lunch, green fees, cart rental, a fabulous gift and an



(From left to right) UJA Golf Tournament Co-chairs Neil and Randi Shinder, ScotiaMcLeod representatives Jason Brazeau and David Cork, Vaad Executive Director Mitchell Bellman and UJA and OJCF Director Marty Davis look forward to the tournament.

amazing kosher mega dinner with funny-man Stuntman Stu as the MC.

Last year, the tournament netted \$60,000, benefitting the Jewish community both in Ottawa and overseas. This year, Neil and Randi are "thrilled with the outstanding support from the business community"

and anticipate raising close to \$100,000.

As an involved member of the UJA cabinet, Neil was happy to take on the co-chairmanship of the tournament. Both the Shinders are committed to the cause and saw chairing this event as "an opportunity to raise substantial money for UJA."

The registration form can be found on www.jewishottawa.org, by e-mailing ujagolf@jccottawa.com or calling the UJA office (798-4696, ext. 252).

For more information on the golf tournament or for sponsorship opportunities, you can contact ujagolf@jccottawa.com.

Helping others



Andrew Orchard shows the children of the Jewish Preschool of the Arts how he helps people in his work as an ambulance paramedic. The children also got to see the inside of an ambulance.

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TTAS entertains Hillel Lodge residents

The residents of Hillel Lodge were treated to an entertaining musical presentation by the Talmud Torah Afternoon School Grade 3 class.

The presentation was an initiative undertaken by the class as part of their Mitzvah of the Month program. This month's focus was on Bikur Holim - visiting the sick.

Over three- dozen large

and colourful paper flowers that the students made were handed out to the audience prior to the show. The program contained a lively mix of songs, solo piano and violin performances.

The class prepared a song emphasizing the importance of bringing joy to others. One of the students put the lyrics to music.

The audience showed

their appreciation and enjoyment by clapping and singing along.

The presentation ended with a moving rendition of Hatikvah accompanied by solo violin.

The residents of Hillel lodge applauded with approval and gratitude for the students' effort. After the presentation the children visited with the residents in the Lodge's lobby.

Hillel Lodge receives highest rating from Council on Health Services Accreditation

By Stephen Schneiderman

The Bess and Moe Greenberg Family Hillel Lodge recently received from the Canadian Council on Health Services Accreditation (CCHSA) a three-year accreditation for its facility, the Joseph and Inez Zelikovitz Long Term Care Centre.

The three-year accreditation is the highest level that can be achieved.

First accredited in 1988, the Lodge, at the old Wurtemberg site, was the only charitable home for the aged in Ontario under 75 beds to receive accreditation since the process began several decades earlier.

Every three years, as part of the accreditation process, health services, like the Lodge, take part in a self-assessment followed by a survey visit.

The survey was conducted on December 9 and 10, 2002. It includes a review of documentation, team interviews, facility tours and focus group meetings with various stakeholders.

This accreditation process allows the CCHSA and the Lodge to evaluate the quality of its services by comparing them to nationally accepted standards.

The glowing report said the Lodge met or exceeded all of its objectives and

every national standard.

The award reflects operational and organizational diligence, and the effort by everyone involved: the board, consultants, staff, volunteers, residents, families and friends. They all contribute to the process of accreditation, as well as keeping the process of quality improvement as an ongoing priority.

The following teams participated in the process: the Leadership and Partnerships Team; the Human Resources Team; the Environment Team; the Information Management Team and the Long Term Care Team.

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Tamir Judaic Outreach Programs April 2003

Leah Smith, Judaic Program Coordinator • 266-0544

Friday, April 11, 5:30 - 8:00 • RSVP
Community Shabbat Day Program

Sunday, April 13, 11:00 - 3:00 RSVP
Rideau Regional Centre • Pesach

Monday, April 21, 5:00 - 8:00 • RSVP
SJCC Social Hall • 3rd Seder

Sunday, April 27, 3 - 6 SJCC
Pizza & Movie Pumpkin • \$5.00

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The Ottawa Jewish Archives wants your help in celebrating Archives Awareness Week

**Test your knowledge
of the Ottawa Jewish community.
Great prizes to be awarded.**

Where was the first synagogue building located?
☐ 421 Sussex
☐ King Edward Avenue
☐ 264 Murray Street

Who is considered the first spiritual leader of the Ottawa Jewish community?
☐ Rev. J. Louis Doctor
☐ Rabbi. Nathan Kollin
☐ Rev. Jacob Mirsky



The first Jewish alderman in Ottawa was:
☐ Lorry Greenberg
☐ Jacqueline Holtzman
☐ Samuel Rosenthal

Who was responsible for bringing Ukrainian Jewish orphans to Canada?
☐ Lillian Freiman
☐ Bertha Rosenthal
☐ Anna Wolfe Margosches

In what year was the Ottawa Vaad Ha'Ir established?
☐ 1931
☐ 1934
☐ 1937

Who was the first president of the Ottawa Vaad Ha'Ir?
☐ Alex Betcherman
☐ Archibald Freiman
☐ Thomas Sachs

Who was the first sportsman admitted to the Ottawa Jewish Sports Hall of Fame?
☐ Jess Abelson
☐ Morley Goldfield
☐ Joseph Zelikovitz

Where was the first Jewish cemetery located?
☐ Bank Street
☐ Billings Bridge
☐ Bowesville Road

Which of the following businesses was not a department store?
☐ B. Applebaum & Son
☐ Freiman's
☐ Shaffer's Ltd.

Who was the first editor of the Ottawa Jewish Bulletin when it commenced publishing on a regular basis?
☐ Gaye Applebaum

☐ Cynthia Engel
☐ Joseph Peimer

Who of the following individuals was not, at one time, leader of the 39th Scout Pack?
☐ Arnold Borts
☐ Hy Hochberg
☐ Harold Shaffer

The first Jewish pediatrician to practise in Ottawa was:
☐ Dr. Bill James
☐ Dr. Lyon Pearlman
☐ Dr Abram Slone

A post-Second World War Bridge Club for Jewish men was called:
☐ Doublers' Bridge Club
☐ Montefiore Club of Ottawa
☐ Ottawa Bridge Club

Because Jewish people were restricted from some sporting activities, the following organization was



formed in the 1930s:
☐ Camp B'nai Brith
☐ Camp Gasher
☐ Tel Aviv Tennis Club

The first Jewish telephone directory to be published in Canada was issued in:
☐ Montreal
☐ Ottawa
☐ Toronto

The editor and publisher of the Ottawa Hebrew News periodical was:
☐ Max Bookman
☐ Hyman Edelstein
☐ Hugo Levendel

Eva Goldfield operated a:
☐ dress shop
☐ kosher catering business
☐ tobacco shop on Rideau Street
 Harry Goldman was the Ottawa Vaad Ha'Ir's first:
☐ president
☐ secretary
☐ treasurer



Belle Claire Hotel was operated by:
☐ Hy Gould
☐ Nap Kapinsky
☐ Sammy Koffman

One of the earliest documented weddings in the Billings Bridge Jewish community was:
☐ Bernard Lieff and Esther Pomerantz
☐ Moshe Palmer and Rose Lieff
☐ Barney Weiss and Henrietta Sklar

Ottawa born David W. Petegorsky became Executive Director in the 1940s of:
☐ American Jewish Congress
☐ Jewish Immigrant Aid Society
☐ Young Judaea

Who was the Second World War serviceman to receive a recent award from the Russ-

ian government for convoy duty on the Murmansk Run?
☐ Sam Ages
☐ Paul Bender
☐ Alex Polowin

The first Jewish Community Centre opened its doors in:
☐ 1941
☐ 1951
☐ 1961

What do Samuel Cohen, Joe Lichtenstein, Misha Zbar have in common?
☐ fruit and vegetable business
☐ kosher meat shop
☐ scrap metal business

The Ottawa Jewish Archives can provide *finding aids* for hints and help towards the correct answers. Research can be conducted Mondays and Wednesdays between 10:00 am and 5:00 pm.

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Beth Shalom West: innovative women's program

By Golda Feig

Women across the spectrum of affiliation joined in celebrating the new month of Adar Aleph with a program of prayer, breakfast and study recently sponsored by Congregation Beth Shalom West.

Upon their return from a conference in New York City by the Jewish Orthodox Feminist Alliance (JOFA), some women of

the congregation wanted to share the spirituality and scholarship that they experienced there. And so, Ottawa's first Orthodox Rosh Chodesh Tefillah (prayer) Group for women was born. Women from the congregation led the *shacharit*, *hallel* and *musaf* services, along with the Torah reading for Rosh Chodesh. The over 30 women and girls in atten-

dance were a symbol of unity in that they came from all synagogues and age groups, and participated with great *kavod* (honour) and *kavanah* (meaning).

Following the tefillah, the women enjoyed a light breakfast and a learning session (*limud*). The *limud* was based on Rabbi Saul Berman's address at the JOFA Conference entitled

A Madest Propasal: The Ethics of Tzniut, which discusses the concept of modesty in the life of the Jew. It was a most educational, inspiring and enriching experience for all.

Some of the services were led by (from left to right): Dr. Neima Langner, Adina Steinman, Rebecca Silver and Michaela Sadinsky



Adath Shalom celebrates 25th anniversary

By Marvin Zelman

Adath Shalom held a special Shabbaton to commemorate its 25th anniversary. From its early "growing pains" and tentative beginnings the shul has evolved into a flourishing and vigorous synagogue with an active and committed congregation.

To celebrate the event, the synagogue invited Rabbi Roy Tannenbaum and his wife Loretta of Toronto. It was the Rabbi's dream and vision during the time he was located in Ottawa to establish

a shul based on a spirit of "chavurah" and in which members would conduct and lead the services. His dedication and energy, along with a fledgling membership, finally got the shul "off the ground" in 1978, holding its initial services on July 2 of that year at the Greenbank Public School.

The weekend program included services on Friday evening, and Saturday and Sunday mornings during which the Rabbi and his wife led discussions with the congregation. The highlight of

the weekend was a dinner and entertainment evening at Centrepointe. The program included fond reminiscences by the rabbi, a humorous skit recalling the shul's early travails, and a performance by a Klezmer band.

To commemorate the event Adath Shalom issued a 25th anniversary publication detailing its history, the recollections and thoughts of its members, and a collection of photographs.

For further information on the synagogue, contact Alyse Weinberg (729-5279).



Founding members Adath Shalom Congregation (front row from left to right): Heather Cohen, Fenja Brodo, Nancy Zalman; (middle row) Manny Agulnik, Paula Agulnick, Ruth Kahane, Gary Cohen, Lorretta Tannenbaum, Rabbi Roy Tannenbaum, Irwin Brodo; and (back row) Harvey Goldberg, Chris Sugar, Yoni Santo, Marvin Zalman, Steve Sugar.

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Live Entertainment ☆ Café ☆ Raffles

May 26th- An Evening with Naomi Regan,
Sponsored by the UJA and State of Israel Bonds.
Tickets are now on sale, 722-0020.

If you would like to get involved in the AVIV Jewish Festival and Walkathon, or wish to get more information, please call 798-4696 ext. 272 or log onto www.jewishottawa.org



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When: Sunday, April 6, 2003

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Temple Israel Religious School
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Jewish Heritage Centre holds opening lecture

By Shlomo/Julian Harary

Dr. Beniomim Shulman was the guest speaker at the opening night celebration of the Jewish Heritage Centre.

Dr. Beniomim Shulman, a resident of Moscow, earned his first PhD in mathematical physics and then went on to complete a PhD in psychology. An author of learned texts

and papers in both fields, Dr. Shulman began by describing in detail recent insights and innovations in psychology that deal with new dispute resolution techniques.

He explained how his fellow secular psychologists had discovered that disputes arise due to a scarcity of resources and that, by shift-

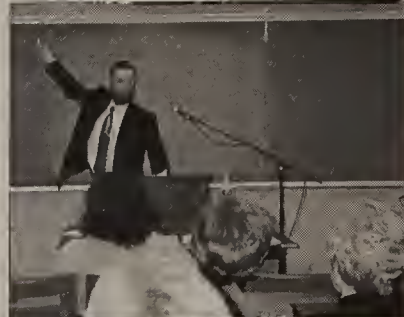
ing the paradigm away from the particulars of a dispute and focussing the parties on their underlying motives, they could achieve a new understanding and ultimately a resolution of the conflict. In clinical studies the innovators of this technique had reduced the basic motivations to five desires involv-

ing love, respect and a sense of well-being.

Dr. Shulman went on to explain that the scarcity of resources is a problem of the world below, the mundane. The motivations, the intellectual underpinnings of the desires are ideas and are part of the world above.

He illustrated the difference by quoting a simple example. He said that if two people each have an apple and exchange them, they will each end up, as before, with one apple. The limited resources of the physical world. But, if those two people each have an idea and exchange them, they will each end up with two ideas and often a third and fourth idea will result as well. These are the limitless resources of the intellect. The limitless resources of the world above.

Dr. Shulman drew parallels between the fresh insight and new innovations of his colleagues and the ancient and timeless principles found in Torah and Torah studies.



Dr. Beniomim Shulman was the guest lecturer at the Jewish Heritage Centre. The centre offers classes in English, Hebrew and Russian.

He demonstrated that, once again, what is thought to be new is often very old and can be found in the wisdom of our sages.

Dr. Shulman uplifted all who were present and stimulated in them a new appreciation of the currency and relevance of Torah study in their daily lives. For many, it was a unique opportunity, perhaps for the first time, to really think about spiritual

and even mystical matters.

The Jewish Heritage Centre provides a Learning Centre in Ottawa that offers beginner to advanced programs and classes in English, Hebrew and Russian, for all ages and levels of understanding.

For more information call Allan Scope (526-1656), Yair Subar (562-1207), or Shlomo/Julian Harary (728-0787).

Aviv Festival goes to market

If you have been looking for an assortment of crafts and great bargains all in the same place, then look no further than the AVIV Jewish Festival on Sunday, May 25, 2003 to find it.

The AVIV Jewish Festival is a celebration of Jewish culture organized each year by the United Jewish Appeal of Ottawa, on the grounds of the Jewish Community Campus.

A centerpiece to this year's Aviv Festival will be a giant marketplace featuring local artisans and crafts people. Everyone is invited to experience the exotic bazaar, peruse the merchandise, and

do some wonderful shopping. A variety of goods will be on display from Israel, including Judaica and Israeli Art.

The organizers, under the guidance of Co-chairs Ellen and Ray Fathi have made sure that this year's AVIV Jewish Festival will stand out from other cultural events in the National Capital Region.

In addition to the flare of the marketplace, the festival will also include comedians, a children's fair, and an assortment of food to please everyone's palate.

Festival title sponsor, Loblaws along with media

sponsors: CJOH, the *Ottawa Sun* and *The Bear*, and corporate sponsor, Minto Developments are already on board and ready to join in the festive spirit.

The monies raised during the festival will be directed towards assisting a wide-range of agencies in the Ottawa Jewish community, and around the world.

If you would like to get involved in the AVIV Jewish Festival and Waikathon, or wish to obtain more information, please call the UJA office (798-4696 ext. 272) or log onto www.jewishottawa.org.



The Ottawa Chapter of CFHU invites the community to an informative evening:

Understanding Israeli-Palestinian Relations: A Dialogue with Prof. Mira Sucharov

Dr. Mira Sucharov is Assistant Professor of Political Science at Carleton University. Her specialties are international relations theory, international security, conflict resolution, psychological & constructivist approaches to international relations, Israeli foreign policy and the Israeli-Palestinian conflict and peace process.

Wednesday, April 2

7:30 p.m.

at the home of

Sunny and John Tavel
327 Buena Vista Road, Rockcliffe

Kindly RSVP your attendance by calling Shelli Kimmel
at 829-3150 or emailing skimmel@cfhu.org

Watch for details on our Passover Luncheon - Tuesday, April 22

Calling all golfers!



**SJCC/Hillel Academy
2003 Desert Classic
Golf Tournament**



**Thursday
June 12, 2003**

Loch March Golf and Country Club

REGISTER NOW!

\$175

4 simple ways to register:

1. Pick up a registration form at the SJCC front desk.
2. Fax back form with payment or leave it at the front desk.
3. Go to www.jccottawa.com and click on golf tournament to print registration form.
4. Call 798-9818 ext. 444.

(Payment must accompany registration form)

See you on the links!

CIBC - Major Tournament Sponsor

Mifgash (encounter) highlight of CIE Birthright trip

By Avi Schwartz

Recently, 23 Ottawa residents joined with 22 Winnipeg participants to make up the National 2 bus on the Canada Israel Experience (CIE) Birthright trip. These lucky young adults were treated to a 10-day Israel experience they will never forget.

The itinerary included such staple Israeli tourist attractions as visiting the Dead Sea, walking up Masada to watch the sunrise, hiking in the Golan Heights and visiting the holiest site in Judaism, the Wailing Wall.

Typical days began in the wee hours of the morning, and only concluded late at night. The entire bus showed much *rach* (spirit) with constant singing and games, sometimes to the dismay of those hoping to catch a few needed winks. The participants were also happy to be able to spend the night in the desert at a Bedouin tent and an evening in a Druze village, where they learned about Druze religion and cul-



Participants (from left to right): Joel Jackson (Ottawa), Gadi Glogowski (Winnipeg), David Zynoberg (Winnipeg), Avi Schwartz (Ottawa), Josh Malam (Winnipeg) and Jenn Viner (Ottawa).

ture. Some more serious components of the trip included a visit to Yad Vashem, the Holocaust memorial site, as well as a walking tour of Har Herzli, the Israeli military cemetery.

CIE provided breath taking hikes, educational movies on the state of Israeli society and an information session with leading scholars about the Israeli political system, as well as an overview of the measures the IDF uses

in protecting Israeli and her citizens.

The most interesting component of the trip was the *Mifgash* (encounter) program. 11 Israelis currently in the *Mechina* program (time between graduating high school and entering the army) joined the bus in an effort to sensitize both the Canadian and the Israeli participants to differing views on Judaism and the State of Israel. As in past years, the *Mifgash* pro-

gram was a resounding success; the Canadian participants were able to mingle and dialogue with the Israelis on all topics, both Jewish and secular. In turn, the Israeli were treated to a fresh outlook on the importance of the State of Israel to Jews living in the Diaspora, as well as to our differing opinions on Judaism, the army and Israel.

In those short 10 days, the participants (from differing backgrounds) came to an

understanding of the importance of the State of Israel, the Jewish religion, and the necessity of Israel's continued survival.

Birthright is a gift: A gift from the community to Jewish young adults looking to establish their connection to the land of Israel, her citizens and the global Jewish community.

The trip has shown that these participants take this gift, internalize it and try to find their own niche in our vibrant community.

Kami Francis and Joel Jackson have begun to volunteer for the UJA. Tamara

Fathi and Deb Rabinovitch can be spotted most days using the SJCC fitness facilities, while students like Kami and Brain Bloom have taken the initiative and become involved in the Jewish Students Association (JSA).

I look forward to many more Ottawans travelling to Israel on CIE Birthright with the hope that they will continue to strengthen our community, their own connection to Israel and Judaism and realize that the existence of the State of Israel is vital to the Jewish people and the Jewish religion.

Avi Schwartz was a team leader on the CIE trip.



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Jewish Community Centre of Ottawa Summer Camps

For The Summer of Your Life!

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Session 2: July 21-August 1
Session 3: August 4-August 15

Hapoe! Sports Camp

Session 1: June 30-July 23
Session 2: July 24-August 15

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August 18-29

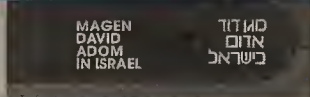
Girl Power Adventure Camp,
Maccabi Ottawa Basketball Camp,
Scuba and Water Adventure Camp,
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Tel: (613) 798-9818 Fax: (613) 798-9839
Email: jcc@jccottawa.com Web: www.jccottawa.com

For more information call the Jewish Community Centre of Ottawa Summer Camps
Executive Director Jon Braun at 798-9818 ext 267





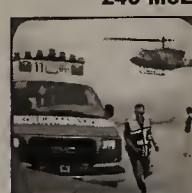

PLEASE HOLD THE DATE

Wednesday, May 21, 2003

at the

Canadian Museum of Nature

240 McLeod Street

Ira being bat mitzvahed at the Wall (1985)

Benefit Gala

for Magen David Adom

featuring

Cantor Daniel Benlolo and the Shira Choir of Ottawa and A Touch of Klez

For more information call Sarah at 231-3659

CIC director of community development empowers Na'amat members

By Ilana Albert-Hovick

"Empowering Women" was the theme for Na'amat Ottawa's third annual seminar.

Na'amat members from various Ottawa chapters met at Ben Franklin Place to learn more about what Na'amat does in Israel and for Israelis, how mysticism and spirituality play a role in changing lives, and why knowing how to defend our principles and values is so vitally important for us all as Jewish Canadians and as Zionists.

Playing both devil's advocate and teacher, Marra Messinger, director of community development for the Canada Israel Committee,

lead the group in role-playing activities. Responding to anti-Zionist and anti-Semitic remarks is hard at the best of times, but harder still when put on the spot either at work, at a community event, or maybe even on the radio. Messinger showed that it is best to have a quick response and one that touches on emotions and Canadian values.

"Marra's presentation was excellent," said Jackie Luffman, Tikva chapter president. "While there is a tendency among many of us to ignore anti-Semitism and/or anti-Israel statements, Marra reminded us the importance of speaking out. She gave us the tools to empower our-

selves and work together to combat misconceptions in the media and elsewhere."

Na'amat Canada's National Vice-President Esther Rodzynek spoke about Na'amat Israel's evolving role in a country that has changed so dramatically over the years. Through it all, Na'amat continues to help Israel's women and children in these ever-difficult times.

Kyla Carson - clairvoyant, psychotherapist, social worker and so much more - helped the women explore mysticism and its application to everyday life. With self-determination, Carson believes we can use our own personal intuitions to do

what's right and continue on a path of *tikun adam* and *zedakah*, hopefully making the world a better place for everyone.

For more information on Na'amat and upcoming programs please contact the office (722-2932).

Na'amat Ottawa members met for a morning of empowerment at its annual workshop.



Ben Gurion University professor guest speaker at meeting

By Gert Migicovsky

Prof. Pnina Motzafi-Haller, of the Social Studies

Center, Department of Man in the Desert, Ben Gurion University was the guest speaker at the recently held meeting of the Ottawa chapter of Ben Gurion University. She spoke about how Ben Gurion University encouraged the women of the surrounding villages to become involved in their Outreach Program.

Prof. Motzafi-Haller has done a great deal of work on "Women and Agriculture in the Middle East" and since January 2000 she has worked on an intensive ethnographic research project in the Negev town of Yeruham.

The research examines processes of social change in the community due to increasing religiosity ob-

served in the town. The Israeli Academy of Science and the International Jewish Women Research Center at Brandeis University has granted funds to support this project.

Prof. Motzafi-Haller is an active participant in the Van Leer forum of Society and Culture in Israel and in an essay that she recently wrote she explored the intersections of gender, religiosity and ethnicity in Yeruham.

The evening promoted a great deal of lively discussion between the guests and the speaker.

Prof. Motzafi-Haller is on sabbatical in Canada and is spending the year at the Institute for Women's Studies at the University of Ottawa.

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Pick up at Agudath Israel 9:00 am to 1:00 pm, Wednesday, April 16, 2003

Delivery charge of \$15.00

PAYMENT BY CHEQUE OR CASH ONLY



VOLUNTEER CORNER

Volunteer Opportunities

JEWISH FAMILY SERVICES

- A senior gentleman who is interested in music and current affairs is looking for a senior with similar interests to join him for lunch, the theatre or even a discussion over coffee.
- No weekly commitment required ... we are looking for occasional volunteer drivers to take clients to medical and dental appointments.
- Can you spare one hour every second week? Mrs. G, Mrs. R, and Mrs. L are three seniors who live alone and would cherish an outing or a visit. Please consider sharing a small portion of your time with them. Centretown, New Edinburgh and West End locations.

For more information on any of the above, please call Beverly Grostern (304) or Roslyn Wollock (313) at 722-2225.

These are just a few of many volunteer opportunities available in our community.

For more information about volunteering, call 798-4696, ext. 299.



Kid Lit

Deanna Silverman

The variety of Pesach books flooding my mailbox is a gourmet reading delight: a seder novelty book; a mouse's eye view of making matzah; outlandish humour; takeoffs on other stories; and a mystery set on Indian land whose final scene is a Seder. I'll review these books in two columns. If more arrive they'll have to wait until next year.

The Passover Seder

Touch, Turn, Open, And Learn!

By Emily Sper

Cartwheel Books/Scholastic Inc. 2003

Unpaged Ages 3 - 7

The Passover Seder uses bold colours to attract attention and hands-on activities to hold the interest of young children as they are introduced to the major idea of Pesach and the customs and traditions of the Seder.

Kids open a Haggadah and see the order of the Seder, in English, Hebrew and transliteration. Then they participate in the Seder by: lifting the matzah cover; breaking the middle matzah; spinning the seder plate to match the colour coded symbolic foods; touching matzah, lettuce, parsley and a cushion while asking the four questions; spilling a drop of wine for each plague; helping the Israelites cross the Red Sea; searching for the afikoman; and opening the door for Eliyahu. All these activities while someone reads or simplifies the accompanying story and explanations.

Although the book's pages and tabs should have been much sturdier (my granddaughter has already broken the tab

for spilling drops of wine), *The Passover Seder* ranks above average as a holiday novelty book.

The Mouse in the Matzah Factory

By Francine Medoff

Illustrated by Nicole in den Bosch

Kar-Ben Publishing 2003

Unpaged Ages 3 - 8

Originally written in 1983, this edition of *The Mouse in the Matzah Factory* features lively new illustrations and a renewed, flowing text. A country mouse notices that one particular wheat field is receiving special attention.

Curiosity aroused, he becomes one of the watchers of the field, then of the cut wheat and flour, following along as the wheat goes to the mill for grinding and the flour goes to a bakery in the city where it is hand-made into round matzah.

Although this process obviously describes the making of "shmura" (guarded) matzah, the text and its gentle, pastel-hued illustrations don't hint at involvement of rabbis, mashgiachs or chasids. Men and women work in the matzah factory and though most wear hats or kerchiefs, both the mouse and, on occasion, a worker are hatless. I have no problem with that, but some readers might, so be forewarned.

Nevertheless, *The Mouse in the Matzah Factory* remains a charming introduction to all that is involved in making matzah.

A Pickles Passover

By Richie Chevat

Illustrated by Idea + Design Works, LLC

Simon Spotlight/Nickelodeon 2003

Unpaged Ages 4 - 8

Although I'm not a Rugrats fan, I was chuckling as I read *A Pickles Passover*. In true Rugrats fashion, it is outlandish. It is also, in a weird way, confusion reminiscent of the mental and physical mayhem characteristic of Chaplin, Keaton,



From *A Pickles Passover*

Danny Kaye and Lucille Ball comedies at their best. (Sorry, I couldn't come up with contemporary references.)

Text and pictures combine to form a fast-moving cartoon-like whole as Grandpa Boris leads his large family in a participatory Seder. The kids picture ancient times and comment about various elements of the story. For example, following Grandpa's explanation of eating bitter herbs, Lil says, "It musta been like takin' yucky messyden all day long."

As at many Seders, searching for the "awful comb" is the highlight of the evening. It is fast, furious, funny and, surprisingly, generous. For kids old enough and young enough for Rugrats humour - those who enjoy slap-stick word play - *A Pickles Passover* will be a winner.

Tune in to my next column for more Pesach treats.

Hapoel Sports Camp 2003



SESSION 1

June 30 - July 23

Group A - Grades 2-3 (Full)

Group B - Grades 4-7

SESSION 2

July 24 - August 15

FULL SESSION

June 30 - August 15

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Space Limited - Register Now

For more information contact:

Sports Camp Director Jon Braun, 798-9818, ext. 267
or Carolyn Katz, ext. 241.

Congregation Beth Shalom

ANNUAL FAMILY SEDERS

Wednesday, April 16, 2003

Services at 7:35 pm

Seder 8:15 pm

Thursday, April 17, 2003

Services at 7:40 pm

Seder 8:30 pm

PLEASE JOIN US !

COST: Adults \$45

Children (under 12) \$25

Children (under 3) FREE

Please RSVP to the synagogue office

789-3501

no later than April 10, 2003.



The Book Beat

Kinneret Globerman

It's been said that the only thing a Jew loves more than a good joke is a great meal. Here, then, are some really great meals from these good Jewish cookbooks.

The meusch chef: or,

Why Delicious Jewish Food Isn't an Oxymoron

By Mitchell Davis

Clarkson Potter, Crown Publishing Group/Random House

Softcover, 2002. 286 pages

OK, all you *schmaltz*-eaters! You can come out of the closet. Mitchell Davis has written a book that has resurrected those jars of coagulated chicken fat and put the *schmaltz* back into Jewish cooking. In this very entertaining offering (that isn't strictly kosher, by the way, although the kosher status of each dish is specified), Davis has given us all the old favourites: *gefilte fish, flanken, kreplach, babka*; even a recipe

From schmaltz to coriander: Jewish cooking old & new

for kosher dill pickles. There's also a chapter on learning the basics, for as Davis puts it, "Any self-respecting Jewish cook should know how to make *challah*, how to boil a beet, how to render *schmaltz*." Peppered throughout are cooking tips (like, how to get the smoked fish smell off your hands) and Davis's musings ("Where does a *moyl* keep his tools? In a briss-kit."). Davis' vaudevillian humour adds Jewish spice to this engaging cookbook of traditional Jewish fare.

1,000 Jewish Recipes

By Faye Levy

IDG Books Worldwide Inc./

distributed by John Wiley & Sons Inc.

Hardcover, 2000. 625 pages

Faye Levy – columnist for *The Jerusalem Post* and *The Los Angeles Times*, contributor to *Gourmet* and *Bon Appetit* magazines, and trained chef – has written a treasury of Jewish kosher cooking that reflects the world-wide Ashkenazic and Sephardic Jewish communities that spawned them: Georgian, Ukrainian, Israeli, African, Spanish, Moroccan, Tunisian ... and the list goes on. *Recipes* is an encyclopedic cookbook, in a way, with its information on how to keep kosher, its overview of Jewish cooking styles and how to stock the pantry, its "basics" section. With so many recipes, it's hard to know where to start or what to look for but Levy offers menu ideas for all of the Jewish holidays, including Shabbat, and also for friendly get-togethers – the BBQ, the Sunday brunch, the potluck supper – to help you on your way. With a 17-page index, this book will have you salivating before you even get into the kitchen.

Cucina Ebraica: Flavours of the Italian Jewish Kitchen

By Joyce Goldstein

Chronicle Books/distributed by Raincoast Books

Hardcover, 1998. 207 pages

Like Goldstein's *Sephardic Flavours* reviewed here in the

fall, this book is also a reference book. It takes readers on a gastronomic tour of Italy and the Jewish dishes of Rome, Sicily, Tuscany and a few more Italian regions. Because many of the dishes were transcribed from oral recipes (really!), Goldstein had to play detective and figure out missing amounts or in some places, ingredients. She has also adapted many of the "bland" recipes (her adjective) and added seasonings, but lets

the reader know where she's taken these liberties. As always with a Goldstein book, this one is filled not only with clearly written recipes (she's a chef and cooking instructor) and tantalizing full-colour pictures, it's also full of interesting notes about the culinary tradition of Italy and its Jewish communities.

The best of better baking.com

By Marcy Goldman & Yvan Huneault

Random House Canada

Softcover, 2002. 278 pages

Oh, boy! Another Marcy Goldman book. Goldman's cookbooks are cooking courses so clearly written that even the novice "chef" can easily understand the instructions. With this new book, Goldman takes readers into more challenging territory, from breads (wow them with the Mediterranean Stuffed Sun-Dried Tomato Bread), pizzas (deep-dish and stuffed, for example) and rolls (how about onion pletzels or deli-style ryes?) to the corner café with its chewy chocolate babka, chai spice cake, marbled chocolate cream cheese and chocolate-streaked biscotti. Oh, and I haven't mentioned the scones (double-cheddar, orange-oatmeal), or the muffins (bread pudding, raspberry-corn), the pies (cream cheese-apricot tart, dulce de leche pecan pie) or the cakes (tiramisu cheesecake, killer chocolate layer cake, sour cream streusel coffee cake). All in all, there are 175 recipes in this fool-proof home-baker's manual.

Jewish Holiday Treats:

Recipes and Crafts for the Whole Family

By Joan Zoloth, Photographs by Lisa Hubbard

Chronicle Books/Distributed by Raincoast Books

Softcover, 2000. 96 pages

This attractive and fun-filled gem will engage children (and adults) with its full-colour photos and layout. It covers all of the major holidays – Rosh Hashanah, Yom Kippur, Sukkot, Chanukah, Purim, Passover, and Shavuot – providing recipes and craft ideas for kids and grownups of all ages. Make the stained glass Elijah's cup and the matzah place cards while the lamb shanks with vegetables and chocolate torte are baking in the oven, and you'll be set for Pesach. Have the kids create a covered Shavuot journal while you're chopping broccoli for the farmer's market quiche. *Jewish Holiday Treats* is a terrific addition to any collection of Jewish holiday books.

Next Book Beat: *Gift Books*

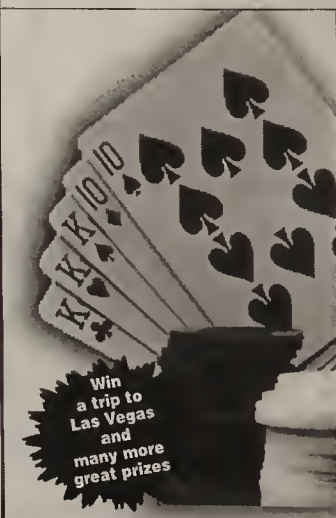
This month at the Greenberg Families Library:

Join Judy Gordon, Tuesday, April 1, 7:30 pm for "Author Talks" when she discusses her book *400 Brothers and Sisters*. \$2 for SJCC and Library members, \$3 for non-members.

Ruth Fyman leads the book discussion series on Wednesday, April 2 at 1:30 pm with Samuel G. Freedman's book, *Jew Vs Jew: the Struggle for the Soul of American Jewry*.

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6 pm • Tournament Begins

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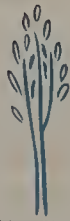
**Please e-mail your resume to:
ronnie@pripsteinscamp.com**

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Martha Sanger on her very special birthday by Lois and Robert Abelson.

In memory of:
Helen Lowin by Estelle and Alan Abelson.
Marie Wexler's husband by Estelle and Alan Abelson.

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Paul Weiner on his special birthday by Esther Ages.

FRANCEEN AND STANLEY AGES ENDOWMENT FUND

Mazal Tov to:
Leonard Shapiro on his special birthday by Fran and Stan Ages.

JOSEPH AGES FAMILY FUND

Mazal Tov to:
Or. Sandy and Murray Ages on their daughter Katherine receiving her PhD by Marilyn and Oan Kimmel.

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In memory of:
Brian Demond's father by Myra and Gordon Alice.
In observance of the Yahrzeit of:
Mary Alice, a dear mother, grandmother and great-grandmother by Gordon and Myra Alice and family.

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Mazal Tov to:
Ab Platt on his special birthday by Daphne, Stanley and Jen Aron.

Elissa and Abraham Iny on the engagement of their son Daniel to Megan Stephens by Daphne, Stanley and Jen Aron.

Fran and Mort Ross on the engagement of their son Jonathan by Daphne, Stanley and Jen Aron.
Linda and Archie Cogan on the birth of their grandson Liam Sage by Daphne, Stanley and Jen Aron.

In memory of:
Nerbert "Herbie" Saslove by Daphne and Stanley Aron.
Judith "Jodie" Ross by Daphne, Stanley and Jen Aron.

ALYCE ANO ALLAN BAKER FAMILY FUND

Mazal Tov to:
Paul and Rhoda Bregman on the engagement of their son Bram to Chant Pheiffer by Alyce and Allan Baker.
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Ron and Francoise Vexler on their daughter Lisa's engagement to Derek Frith by Alyce and Allan Baker.

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Rhoda and Arthur Bucksman on their 50th wedding anniversary by Mabel and Lou Litwin.
In memory of:
Rita Nathans by Joyce Melamed.

RUTH ANO GERALD BERGER FAMILY FUND

In memory of:
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MARTIN AND ELLIE BLACK ENDOWMENT FUND

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Stan Katz on his special birthday by Ellie and Martin Black, Andrea and Ashley Black.
In memory of:
Judy Kauffer's father by Ellie and Martin Black, Andrea and Ashley Black.

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Mazal Tov to:
Cynthia and David Blumenthal on the engagement of their daughter Dalla to Eran Ferquin by Beth Roodman.

TILLIE AND HARRY MEMORIAL FUND

Best wishes to:
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In observance of the Yahrzeit of:
Nary Chern, a beloved father and grandfather by Sylvia and Sol Kaiman.

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Mazal Tov to:
Linda and Arthur Cogan on the birth of their grandson Liam Sage by Mort and Fran Ross; by Rona Shaffran-Tannenbaum and Brian Tannenbaum; by Carole and Norman Zagerman and Andrea Aron; and by Debbie and Ron Weiss.

HOWARD, JEFFREY, ANDREW, MICHAEL, GREGORY ANO ZACHARY COGAN FUND

Best wishes to:
Chuck Oallen on his special birthday by Fred and Lisa Cogan.

JACK AND SARAN COGAN MEMORIAL FUND

In observance of the Yahrzeit of:
Sarah Cogan, a dearly cherished mother and grandmother by Fred and Lisa Cogan, Howard, Jeffrey, Andrew, Michael, Gregory and Zachary Cogan.

ISRAEL AND POLLY COHEN ENDOWMENT FUND

Mazal Tov to:
Francoise and Ron Vexler on the engagement of their daughter Lisa to Derek Frith by Anna and Ronnie Cantor and family.

SANDI AND EDDY COOK FAMILY FUND

Mazal Tov to:
Chuck Dallen on his special birthday by Sandi and Eddy Cook.

CYNTHIA AND ABE ENGEL ENDOWMENT FUND

Mazal Tov to:
Leah and Ken Miller on the birth of their granddaughter by Leah and Bob Gencher.
In appreciation to:
Paul Faynwachs and Hannah Polisuk by Cynthia Engel.

KATIE ELLEN FARBER MEMORIAL FUND

Mazal Tov to:
Stan Katz on his special birthday by Cila Farber.
Bartie Farber on receiving the Queen's Jubilee Gold Medal by Mom (Cila) Farber.

HARRY FINE MEMORIAL FUND

Mazal Tov to:
Rhoda and George Caplan on the engagement of their

daughter Aviva by Adrienne and Charles Shabsove and family.

SAM AND SUSAN FIRESTONE ENDOWMENT FUND

Best wishes to:
Sam Firestone on his special birthday by Joany and Andy Katz and family.

Join us in building our community by supporting these local agencies

SHIRLEY AND SHIER BERMAN FUND FOR OTTAWA JEWISH ARCHIVES

Mazal Tov to:
Tova Clark on the birth of her grandson Jared by Shirley and Shier Berman.
Hon. Justice Abe Liell on his 100th birthday by Shirley and Shier Berman.

DORIS BRONSTEIN TALMUD TORAH AFTERNOON SCHOOL FUND

Mazal Tov to:
Mr. and Mrs. Sherwin Lyman on the birth of their grandchild by Mort and Sheila Tanner and family.

GREENBERG FAMILIES LIBRARY ENDOWMENT FUND

In memory of:
Mary Steinberg by Roger Greenberg and Cindy Feingold and family

HILLEL LODGE LEGACY FUND

Mazal Tov to:
Magda and Peter Benedek on the birth of their granddaughter by Betty and Ed Rose and family.
Myra Presser on the birth of her granddaughter by Betty and Ed Rose and family.
Elissa and Avi Iny on the engagement of their son Daniel to Megan Stephens by Betty and Ed Rose, Joshua, Spencer and Dana.
Or. Stephen and Elizabeth Rubin in their new home by Betty and Ed Rose and family.
Speedy recovery to:
Ron Weisberger by Tracey Kronick.
With appreciation to:
Rabbi Mitchell Cohen by Jarold Landau.
Sarah and Amie Swedler by Tracey Kronick.
In memory of:
Freda Hershenfeld by Joany and Andy Katz.
Steven White by Kayla and Alvin Mallay and family.
Gregor Guthrie by Kayla and Alvin Mallay.

JEWISH YOUTH LIBRARY ENDOWMENT FUND

Mazal Tov to:
Marjorie and Michael Feldman on the engagement of their son Mark to Alison Berry by Max and Rena Cohen.
With appreciation to:
Chaim and Nina Davidson by the Dinner Committee in Memory of Gaby Sassoon.
Amie and Sarah Swedler by Dr. Joseph and Oeavorah Caylak.

GABY SASSOON FOR VICTIMS OF TERROR IN ISRAEL MEMORIAL FUND

In memory of:
Rita Nathans by Sid and Fran Gershberg.
Gaby Sassoon by Debbie and Ron Weiss.

SOLOWAY JEWISH COMMUNITY CENTRE EARLY CHILDHOOD EDUCATION FUND

Best wishes to:
Guy Ostrovsky on his birthday by his friends at Ganon Preschool.
Matthew Silverman on his birthday by his friends at Ganon Preschool.
Collin Hughes on his birthday by his friends at Ganon Preschool.
Alexandra Lemay on her birthday by her friends at Ganon Preschool.
Cameron Seller on her birthday by her friends at Ganon Preschool.
Benjamin Shinder on his birthday by his friends at Ganon Preschool.
Alexander MacLeod on her birthday by her friends at Ganon Preschool.

FLORENCE FAMILY MEMORIAL FUND

Best wishes to:
Issie Rose on his birthday by A.L., Ann and Leanne Smith.
Moe Cardash on his birthday by A.L., Ann and Leanne

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ELIZABETH GREENBERG ON HER BIRTHDAY BY HER FRIENDS AT GANON PRESCHOOL

Diana Goldfeld on her birthday by her friends at Ganon Preschool.
Michael Melamed on his birthday by his friends at Ganon Preschool.

SOLDWAY JEWISH COMMUNITY CENTRE ENDOWMENT FUND

In memory of:
Irene Agoston by the Board and Staff of the Soloway Jewish Community Centre.
Harold "Harry" Gordon by the Board and Staff of the Soloway Jewish Community Centre.

SOLOWAY JEWISH COMMUNITY SUMMER CAMP SCHOLARSHIP FUND

In memory of:
Edith Olo by The Board and Staff of the Soloway Jewish Community Centre.

SARA AND ZEE VERED ISRAEL CULTURAL PROGRAM ENDOWMENT FUND

Mazal Tov to:
Zee Vered on being the recipient of the Order of Canada by Dorothy and Herb Nadolny; by Ethel and Irving Taylor; by Clair and Julius Krantzberg; by Libby and Stan Katz; and by Anita and Mendel Shore.
In memory of:
Mary Steinberg by "The Vered family."

YITZHAK RABIN HIGH SCHOOL MEMORIAL FUND IN MEMORY OF EVA WEINTHROP

Mazal Tov to:
Marty Oavis on his special birthday by the Staff of the Ottawa Jewish Community Foundation/United Jewish Appeal of Ottawa; by Ruth Silbert Conway and Sharon Conway; by Donna and Bemie Dolansky; by Enid and Jeffrey Guld; and by Kayla and Alvin Mallay.

CAMP B'NAI BRITH SCHOLARSHIP FUND

NILLEL ACADEMY ENDOWMENT FUND – HOLOCAUST SCHOLARSHIP FUND –
Mendel and Valerie Good

HY NOCHBERG MEMORIAL LECTURE FUND

JEWISH COMMUNITY CEMETERY – HOLOCAUST MEMORIAL FUND

JEWISH FAMILY SERVICES ENDOWMENT FUND

JEWISH STUDENTS UNION - HILLEL FUND

MACHON SARAH HIGH SCHOOL TORAH EDUCATION FUND – Adina Ben Porat

OTTAWA JEWISH CEMETERIES ZICKARDON FUND

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JEWISH WAR VETERANS OF CANADA SCHOLARSHIP FUND

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PARLIAMENT LODGE B'NAI BRITH PAST PRESIDENTS FUND – Martin Glatt

RAMBAM MAIMONIDES JEWISH CONTINUITY FUND

SJCC MEN'S SOFTBALL LEAGUE FUND

SJCC OF OTTAWA SUMMER CAMP SCHOLARSHIP FUND

SJCC VERED ISRAEL CULTURAL PROGRAM FUND

SJCC YOUTH SERVICES FUND

TORAH ACADEMY OF OTTAWA TORAN EDUCATION FUND

FOUNDATION DONATIONS

Smith.

In observance of the Yahrzeit of:

Frank Florence, a dear uncle by A.L., Ann and Leanne Smith.

JARVIS FREEDMAN TORAH TAPE LIBRARY FUND

With appreciation to:
Baraki Prizani by Dr. and Mrs. Joseph Caytak.

In memory of:

Ruth Lewin by Dr. and Mrs. Joseph Caytak.

**ALFRED AND KAYSA FRIEDMAN
ENDOWMENT FUND**

Mazal Tov to:

Zeev Vered on being the recipient of the Order of Canada by Kaysa and Alfie Friedman.

SAMUEL AND IDA GAFFEN ENDOWMENT FUND

Mazal Tov to:

Susan and Fred Gaffen on their 25th wedding anniversary by Beth Roodman.

STAN AND LIBBY GLUBE FAMILY FUND

In observance of the Yahrzeit of:

Stan Glube, a beloved husband, father, grandfather and great-grandfather by Malcolm and Vera Glube and family.

IDLYA AND HOWARD GOLOBERG FAMILY FUND

In memory of:

Lil Lang by Julia and Sean Guttman, Noah and Avi.

**EVA, DIANE AND JACK GOLDFIELD
MEMORIAL FUND**

Speedy recovery to:

Joe Murray by Asa Goldfield and family.

In memory of:

Judith "Judie" Ross by Asa Goldfield and family.

**HAROLD AND MIRIAM GORDON
ENDOWMENT FUND**

In memory of:

Harold "Harry" Gordon by Norman and Myrna Barwin; by the Stolt of BMO Private Banking; by Paula and Manny Agulnik; by Dr. and Mrs. Joseph Caytak; by Leonard Shore and Jane Mirsky; by Mr. and Mrs. David Wallace; by Mayor Bob Chialaroli; by Liz and Amie Vered and family; and by Sunny and John Tavel.

**BARBARA AND SYDNEY GREENBERG
ENDOWMENT FUND**

Birthday wishes to:

Barbara Greenberg, our dear mother and Bubble on her birthday by Joany, Andy, Jaclyn, Jonathan and Stacey Katz.

**FRITZI AND MAX (CHIEF) GREENBERG
MEMORIAL FUND**

Mazal Tov to:

Issie Rose on his special birthday by Debbie, Norm and Vicky Ferkin.

Speedy recovery to:

Jaclyn Katz by Debbie, Norm and Vicky Ferkin.

LAURA AND MILTON GREENBERG FAMILY FUND

With appreciation to:

Laura Greenberg by Ingrid Shapiro.

MICHAEL GREENBERG MEMORIAL FUND

Mazal Tov to:

Sam Firestone on his special birthday by Stephen, Jocelyna and Emma Greenberg.
Lawrence Soloway on being the recipient of the Queen's Jubilee Gold Medal by Stephen and Jocelyne Greenberg, Lee Michael, Jessica and Emma.

**SAMUEL AND BESSIE GREENBERG
MEMORIAL FUND**

Mazal Tov to:

Ben Greenberg on his birthday by Ethel and Irving Taylor.

HANSER FAMILY ENDOWMENT FUND

Mazal Tov to:

Mr. and Mrs. Moe Hanser on the birth of their great-granddaughter by Marilyn and Dan Kimmel.

RHEA AND JEFF HOCHSTADTER FAMILY FUND

Best wishes to:

Seymour Mender on his special birthday by Rhea, Jett, Elana and Lorne Hochstadter.

Continued good health to:

Hilda Ginsberg by Rhea, Jett, Elana and Lorne Hochstadter.

In memory of:

David Horowitz by Rhea, Jett, Elana and Lorne Hochstadter.

AYRANAM AND ELISSA INY FAMILY FUND

Mazal Tov to:

Elissa and Avi Iny on the engagement of their son Daniel to Megan Stephens by Carol and Norman Zagerman and Andrea Aron; and by Betty and Ed Rose, Joshua, Spencer and Dana Rose.

Chuck Dallen on his special birthday by Elissa and Avi Iny.

In memory of:

Judith "Judie" Ross by Elissa, Avi, Daniel and Michal Iny.

Harold "Harry" Gordon by Elissa and Avi Iny.

HIRAM AND LILLIAN KATHNELSON FAMILY FUND

Mazal Tov to:

Barry and Lynne Shulman on the birth of their grandson Benjamin by Stephen and Lois Kathnelson.

Speedy recovery to:

Joe Murray by Mike and Anita Roodman.

In memory of:

Lois Bidner's father by Stephen and Lois Kathnelson.

**CLAIRE AND ABE KEVANSTEIN
ENDOWMENT FUND**

In memory of:

Mary Steinberg by Claire Kavanstein and Sharon Harris.

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

Mazal Tov to:

Harry Green on his 90th birthday by Marilyn and Dan Kimmel.

Mr. and Mrs. Moe Hanser on the birth of their great-granddaughter by Marilyn and Dan Kimmel.

R'huah Sh'lemah to:

Martin Ginsburg by Marilyn and Dan Kimmel.

PHILLIP AND ETTIE KIMMEL MEMORIAL FUND

Mazal Tov to:

Faye Shulman on the birth of her great-grandson Benjamin David by Stan Kimmel and Carol Spiro.
Lynne and Barry Shulman on the birth of their grandson Benjamin by Stan Kimmel and Carol Spiro.

SHARON KOFFMAN ATHLETIC SCHOLARSHIP FUND

In memory of:

Miriam Morton by Greg, Lea, Meaghan and Jason Curry.

KRANTZBERG KRANE FOUNDATION

Speedy recovery to:

Sander Auerott by aunt Evelyn Krane.

RIVA AND ABRAHAM KRDLL MEMORIAL FUND

Best wishes to:

Vicki Weiss on her birthday by Yvonne and Harvey Lithwick and family.

ROSE AND JACOB LANDAU MEMORIAL FUND

R'huah sh'lemah to:

Robyn Rozen by Alison Gussman and Paula Gussman; and by Reesa Shinder.

ISSIE AND EDITH LANDAU ENDOWMENT FUND

Mazal Tov to:

Edie Landau on her special birthday by Jeanette and Ivan Goldman.

HARRY LEIKIN MEMORIAL FUND

Mazal Tov to:

Steven and Sherry Kesler on their recent marriage by Joany and Andy Katz and family.

Stan Katz on his special birthday by the Bailey family; and by the Kaminsky and Marcus families.

Steven Kesler on his birthday by aunt Libby and uncle Stan Katz.

Fran and Ron Vexler on the engagement of their daughter Lisa to Derek Frith by Barb and Len Farber and family.

Rhoda and George Caplan on the engagement of their daughter Aviva by Barb and Len Farber.

Barbie Farber on being the recipient of the Queen's Jubilee Award by the Kaminsky and Marcus families.

SAMUEL AND MARY LESH MEMORIAL FUND

Mazal Tov to:

Anne and Sam Brozovsky on their 50th wedding anniversary by Ida and Bemie Lesh.

SALLY AND ELLIOTT LEVITAN ENDOWMENT FUND

Mazal Tov to:

Zeev Vered on being the recipient of the Order of Canada by Sally and Elliott Levitan.

Miriam and Jack Pleet on the birth of their granddaughter Morgan by Sally and Elliott Levitan.

In memory of:

Mary Steinberg by Carol and Norman Zagerman and Andrea Aron; by Blossom Reed; by Shirley and Al Cohart; by Clair and Julius Krantzberg; by Sally and Elliott Levitan; by Shirley and Victor Steinberg; and by Anita and Mendel Shore.

Marvin Cohen by Sally and Elliott Levitan.

Judith "Judie" Ross by Sally and Elliott Levitan.

Sylvia Bodoff Reller by Sally and Elliott Levitan.

NATHAN AND LAURIE LEVITAN MEMORIAL FUND

Continued good health to:

Martin Ginsburg by Miriam Levitan.

In observance of the Yahrzeit of:

Benjamin Feinstein, a dear father, grandfather and great-grandfather by Miriam Levitan.

ESTELLE AND JOHN LIBERMAN ENDOWMENT FUND

Speedy recovery to:

Vita Winthrop by John and Estelle Liberman.

JOSEPH AND EVELYN LIEFF ENDOWMENT FUND

Mazal Tov to:

Zeev Vered on being the recipient of the Order of Canada by Francine and Norman Lieff and family.

Lawrence and Joanne Pleet on the birth of their daughter Morgan by Francine and Norman Lieff and family.

Jack and Miriam Pleet on the birth of their granddaughter Morgan by Francine and Norman Lieff and family.

Carole and Bemie Starkman on the birth of their granddaughter by Francine and Norman Lieff and family.

Zelda Freedman on her special birthday by Francine and Norman Lieff and family.

In memory of:

Herbert "Herbie" Saslove by Francine and Norman Lieff and family.

SAMUEL AND LEEMA MAGIDSON ENDOWMENT FUND

In observance of the Yahrzeit of:

Samuel Magidson by Lany Weisz.

JACOB MALDMET MEMORIAL FUND

R'huah sh'lemah to:

Vita Winthrop by Judy and Ted Welle; and by Diana and Alvin Malomet.

In memory of:

Mary Steinberg by Diana and Alvin Malomet.

JACK AND FREDA MELZER MEMORIAL FUND

In memory of:

Marvin Cohen by Estelle and Ian Melzer.

CAVE, LOUIS AND LAZ MIRSKY ENDOWMENT FUND

Mazal Tov to:

Abe Liett on his 100th birthday by Deborah and Herb and Herb Cosman and family.

**TANYA AND SAMUEL MDSES MORIN
ENDOWMENT FUND**

Mazal Tov to:

Gloria and Barry Trainoff on the birth of their granddaughter Lauren Madison Fields by Harvey Morin.

With appreciation to:

Simon and Sheila Morin by Harvey Morin.

JEAN AND MAX NAEMARK FAMILY FUND

Best wishes to:

Blanche Dsterar on her birthday by Jean Naemark and family.

EDITH DKD - HILLEL LODGE - SYNAGOGUE

TD ASSIST PEOPLE FUND

Mazal Tov to:

Katherine Ages on receiving her PhD by Nickie and Joe Ages.

Erma Zukerman on the birth of her granddaughter by Nickie and Joe Ages.

BESSIE AND BENJAMIN POLDWIN MEMORIAL FUND

In observance of the Yahrzeit of:

Cave Polowin, a dear brother by Alex and Katherine Polowin.

NRDMAN AND EVELYN PDECHIN ENDOWMENT FUND

In memory of:

Herbert "Herbie" Saslove by Louise and Chick Wolfe.

Rossie Rose by Louise and Chick Wolfe.

ALTI AND BEREL RDDAL FAMILY FUND

Mazal Tov to:

Carole and Bemie Starkman on the birth of their granddaughter by Alti and Berel Rodal.

ROSSIE AND ISSIE RDSE ENDOWMENT FUND

In memory of:

Rossie Rose by Annette Ross; by Linda and Ron Morris and family; and by Alvin Morris and Gwen Holliday.

**FLDRENCE AND GDALYAH RDSSENFELD
ENDOWMENT FUND**

Mazal Tov to:

Florence and Gdalyah Rosenfeld on their wedding anniversary by Ted and Judy Wolfe.

JUDITH RDSSE MEMORIAL FUND

In memory of:

Judith Ross by Max and Ellie Greenberg and family; Dr. Laurie Nadoyn, Bill Green, Mark, Joey and Jayme; by Tracey Kronick; by Linda and Waman Malamed; by Benita and Gary Katz and family; by Greg and Jaynee Welby; and by John and Sunny Tavel.

SHELLEY AND SID ROTHMAN FAMILY FUND

Best birthday wishes to:

Shelley Rothman on her special birthday by Joany and Andy Katz and family.

In appreciation to:

Dr. Lewis Leikin by Shelley and Sid Rothman.

SAMUEL AND LILLIAN SASLDVE MEMORIAL FUND

Mazal Tov to:

The Cutler family in their new home by Dorothy and Maurie Karp.

HERMINA SCHACHNDW MEMORIAL FUND

Mazal Tov to:

Linda and Archie Cogan on the birth of their grandson

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Liam Sage by Charles and Cindy Schachnow and family.
Marty Davis on his special birthday by Charles and Cindy Schachnow and family.

In memory of:
Harold "Harry" Gordon by Charles and Cindy Schachnow and family.

SYD AND SHIRLEY SCHECHTER ENDOWMENT FUND

In observance of the Yahrzeit of:
Mindel Schechter, a dear mother by Syd Schechter.
Jack Schechter, a dear brother by Syd Schechter.

SAM AND CELIA SHACHTER ENDOWMENT FUND

In memory of:
Mary Steinberg by Estelle and Ian Melzer.

ABRAHAM AND MARY SHAFFER MEMORIAL FUND

In observance of the Yahrzeit of:
Mary Shaffer, a dear mother by Sheldon and Sonia Shaffer.

SAMUEL AND MARY SHAFFER MEMORIAL FUND

In appreciation to:
Bernie Shaffer by Leslie and David Lander.

SHMELZER-HOROVITZ ENDOWMENT FUND

Birthday wishes to:
Roberta Gold, our loving daughter by Sol and Anne Shmelzer.

Mazel Tov to:
Ellen Goodman by Sol and Anne Shmelzer.

Judy Benjamin and Ian Silver on the birth of their son Jeremiah Alex by Sol and Anne Shmelzer.

In honour of:
Rabbi Steven H. Garten by Sol and Anne Shmelzer.

Speedy recovery to:
Vita Winthrop by Sol and Anne Shmelzer.

In memory of:
Moses Amdursky by Sol and Anne Shmelzer.

In observance of the Yahrzeit of:
Frances Ena Sandford Cook, a beloved mother by Sol and Anne Shmelzer.

Roy Martin Horovitch, a beloved husband and father by Sol and Anne Shmelzer.

DR. ROBERT NDRMAN SHOHET MEMORIAL FUND

Mazel Tov to:
David Shohet on his birthday by Lillian Shohet.
Shirley Shohet on her birthday by Lillian Shohet.

BESSIE AND ABRAHAM SHUSTER MEMORIAL FUND

In memory of:
Professor Timothy J. Stanley's father by Brunie and Earl Cooperman.

LINDA SILVERMAN MEMORIAL FUND

Mazel Tov to:
Or Mark Dover on his special birthday by Phyllis and Marvin Silverman.

Zeev Vared on being the recipient of the Order of Canada by Phyllis and Marvin Silverman.

In memory of:
Mary Steinberg by Phyllis and Marvin Silverman.

LOUIS AND STELLA SLACK MEMORIAL FUND

Mazel Tov to:
Harvey Slack on his appointment to the Board of Trustees of the Museum of Civilization by Barb and Len Farber; by Myra, Lester, Jennifer, Donna, Gregory and Jordan Aronson; by Bonnie Carroll and family; and by Stuart Levine and Jules Sigler.

Cynthia and David Blumenthal on the engagement of their daughter Dalia to Eran Ferajun by Myra, Lester, Jennifer, Donna, Gregory and Jordan Aronson.

Speedy recovery to:
Maria Small by Bonnie Carroll and family; and by Myra, Lester, Jennifer, Donna, Gregory and Jordan Aronson.

Joan Smith by Bonnie Carroll and family.

MDE AND CHARLOTTE SLACK MEMORIAL FUND

In observance of the Yahrzeit of:
Moe Slack, a beloved father and grandfather by Mariene Levine and Andrew Siman; by Sandra Palef and Nissim Avraham; and by Enid Slack and Ron Kanter and family.

SAM AND SUE SLACK ENDOWMENT FUND

Birthday wishes to:
Seymour Mender on his special birthday by Mom (Sue) Slack.

In appreciation to:
Estelle Gunner by Sue Slack.

JACK AND LINDA SMITH ENDOWMENT FUND

Mazel Tov to:
Sybil and Abbie Rauh on the birth of their great-grandson Daniel Joshua Rauh by Leiba and Robert Krantzberg and family.

Archie and Linda Cogan on the birth of their grandson Liam Sage by Leiba and Robert Krantzberg and family.
R'huah Sh'lemah to:
Paul Rodow by Jack and Linda Smith.

BENNETT AND MARY STEINBERG FOUNDATION

In memory of:
Mary Steinberg by Marilyn and Dan Kimmel.

BOBBY STEINBERG MEMORIAL FUND

Mazel Tov to:
Simmy Gardner on the birth of her grandson Jacob Charles by Ron and Avelie Prehogan.
Simmy Gardner on the birth of her grandson Zachary Joseph by Ron and Avelie Prehogan.

HYMAN AND MOLLY STEINMAN MEMORIAL FUND

In observance of the Yahrzeit of:
Moses Steinman, a dear brother, Adar I - 18, Adar II - 18 by Leah Steinman.

Minnie Steinman, a dear sister, Adar I - 29 by Leah Steinman.

Benjamin Joseph, a dear brother, Adar I - 16, Adar II - 16, by Leah Steinman.

LEAH, FREDA AND HENRY STEINMAN ENDOWMENT FUND

In memory of:
Freda Steinman by Roz and Steve Fremeth; by Edie Landau; by Etta Viner; by William Bloom; by Beverly and Abe Fainsel; by Betty and Pinkelman; and by Marilyn and Dan Kimmel.

In observance of the Yahrzeit of:
Chaya Malka Steinman a dear mother, Adar I - 12, by Leah Steinman.

WILLIAM "BILL" STERNBERG MEMORIAL FUND

Mazel Tov to:
Bill Saunders in his new job by Laya and Ted Jacobsen.

Speedy recovery to:
Drest Pidskahn by Laya and Ted Jacobsen.

MAX AND PHYLLIS STERNTHAL FAMILY FUND

Mazel Tov to:
Hon Abe Lief on his 100th birthday by Max and Phyllis Sternthal.

In memory of:
Saul Fine by Phyllis and Max Sternthal.

ARCHIE AND LILLIAN TALLER ENDOWMENT FUND

In observance of the Yahrzeit of:
Archie Taller, a dear husband, father and brother by Morton and Sally Taller.

RUTH TALLER MEMORIAL FUND

In memory of:
Edith Dko by Steven and Linda Kerzner and family.

Lottie Pomeran by Ben Pomeran.
Mary Steinberg by Ethel and Sid Kerzner.

THE TARANTOUR FAMILY FUND

In memory of:
Krayna Goldwag by Selma Tarantour; by Ann Lazear; and by Teena Tarantour Goldberg and Uri Goldberg and family.

CHARLES AND RAE TAVEL MEMORIAL FUND

Mazel Tov to:
Zeev Vared on being the recipient of the Queen's Jubilee Gold Medal and the Order of Canada by John and Sunny Tavel.

Gerry Levitz being the recipient of the Queen's Jubilee Gold Medal by John and Sunny Tavel.
Barbara Farber on being the recipient of the Queen's Jubilee Gold Medal by John and Sunny Tavel.

In memory of:
Miles (Mike) Wisenthal by John and Sunny Tavel.

JEFFREY TAYLOR AND SUSIE WEISMAN ENDOWMENT FUND

Best wishes to:
Susie Weisman on her special birthday by aunt Ethel and uncle Irving Taylor.

HENRY (HANK) TORNTOW 39TH B'DY SCOUTS

In memory of:
Reuben Ralph Witen by Bea Torontow and family; and by Jean Naemark and family.

PEARL AND EDWARD TORNTOW ENDOWMENT FUND

In observance of the Yahrzeit of:
Edward Torontow, a dear father and grandfather by Pearl Torontow and family.

GILAD, ARNIE AND RON VERED ENDOWMENT FUND

Mazel Tov to:
Liora Kimmel on being awarded the Grossman Klein Family Award by Liz and Arnie Vered and family.

In memory of:
George Miller by Liz and Arnie Vered and family.

SONIA AND ARTHUR VINER ENDOWMENT FUND

R'huah sh'lemah to:
Pam Ravek, our dear daughter by Mom, Dad, Karen and Dayna.
Happy birthday wishes to:
Sonia Viner, our dear mother, by Gital and John Greenberg and family.

HAZE WAINBERG FAMILY FUND

Speedy recovery to:
Suzie Sauve by Haze Wainberg.
Robyn Rozan by Haze Wainberg.

In memory of:
Goldie Brown by Haze Wainberg.
Jever Wainberg by Haze Wainberg.

WASERMAN FAMILY MEMORIAL FUND

In memory of:
Judith "Judie" Ross by Arlene and Mel Schweg and family.
Karl Waserman, a dear brother, by Nat and Phyllis Waserman.

MIRIAM AND LOUIS WEINER ENDOWMENT FUND

In memory of:
Ben Pissel by Carol and Larry Gradus; and by Louis and Miriam Weiner.
Howard Cooper by Carol and Larry Gradus.

JOSEPH AND SONIA WEINSTEIN MEMORIAL FUND

Mazel Tov to:
Ab Flatt on his special birthday by Larry and Yetta Aron.

ROBERT WENER AND LYNNE DRECK WENER FAMILY FUND

Mazel Tov to:
Dr. Melanie Fogell on receiving her Doctorate by Lynne Oreck-Wener, Bobby, Eleni, Taryn and Hart Wener.
Speedy recovery to:
Mordy Bubis by Lynne Oreck-Wener, Bobby, Eleni, Taryn and Hart Wener.

HYMIE WHITZMAN MEMORIAL FUND

In memory of:
Judith "Judie" Ross by Janet, Norman and Jeff Holtzman; by Wayne and Mona Holtzman; by Mariene Sable; by Ann Max; by Douglas, Susan and Chris Hubley; and by Arlene and Ken Gluba.

MORRIS AND MARIETTE WDLFSDN ENDOWMENT FUND

Mazel Tov to:
Sara and Bernie Melamed by Gerry and Roslyn Snyder.

PINCHAS ZUKERMAN MUSICAL EDUCATION FUND

Mazel Tov to:
Zeev Vared on being the recipient of the Order of Canada by Ruth Berger; and by Norman and Myrna Barwin.

SANDRA AND SAM ZUNDER ENDOWMENT FUND

Mazel Tov to:
Edie Landau on the birth of her grandson Eliezer Yaacov by Sandra and Sam Zunder.
Betty Balon on her 95th birthday by Sandra and Sam Zunder.

Roz and Myles Taller on the birth of their granddaughter by Sandra and Sam Zunder.

Anne and Sam Brozovsky on the engagement of their grandson Bram to Chani Pfeiffer by Sandra and Sam Zunder.

Rabbi Arnold and Chevy Fine on the birth of their grandson by Sandra and Sam Zunder.

R'huah Sh'lemah to:
Maury Karp by Sandra and Sam Zunder.
Ethel Murray by Sandra and Sam Zunder.

In memory of:
Judith "Judie" Ross by Sandra and Sam Zunder.

B'NAI MITZVAH CLUB

MAX JONAH GENNIS B'NAI MITZVAH FUND

In memory of:
Nellye Dorin by Michael Gennis and family.

STACEY SAMANTHA KATZ B'NAI MITZVAH FUND

Birthday wishes to:
Stan Katz, our dear father and Zaydie on his special birthday by Joany, Andy, Jaclyn, Jonathan and Stacey Katz.
Marissa Signer by Joany, Andy, Jaclyn, Jonathan and Stacey Katz.
Mazel Tov to:
Ian and Karen Zunder on the Bar Mitzvah of their son Jordan by Joany and Andy Katz and family.

SARAH ESTHER LESH B'NAI MITZVAH FUND

In memory of:
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In Appreciation

My heartfelt thanks to all my wonderful family and friends for your kindness and support during my recent surgery. Your donations, cards, flowers and many phone calls helped me over this difficult time. Your thoughtfulness and generosity are very much appreciated and will always be remembered. Please accept this as my personal thank you.

Carole Zagerman

In Appreciation

The family of the late Judith Lillian Ross wishes to thank all our family and friends for their kindness and support at such a difficult time in our lives. Judie was a wonderful wife, mother, daughter, sister and grandmother who was known for her vibrance and generosity. Many thanks for your comforting words, visits and donations. They will never be forgotten.

Fred, David, Dean and Allison Ross
Doris Whitzman
Marcia and Dwight Hubley



Made with Love

Cindy Feingold

Ban the matzah meal when making Passover desserts

In researching for this column, I asked my family and friends if they had any good Passover dessert recipes. With each person I asked, there was a long pause, followed by, "Well, I do have a recipe that's not bad." Often, that's the best we can expect from a Passover dessert – not bad. The common denominator of all these desserts is matzah meal. Now, don't get me wrong, I love matzah meal in matzah balls, my Zaidy's matzah meal pancakes and other savory dishes. But, I just don't think it has a place in Passover desserts. It makes every cake and cookie dry and heavy.

I wanted to come up with a selection of desserts that you would love to eat not just at Passover, but at any time of the year. None of these recipes contain matzah meal, yet they are all kosher for Passover. The first is a flourless chocolate cake that we have been making for years in my family. We call it the 7-7-7 cake as it contains 7 eggs, 7 ounces of chocolate and 7 ounces of butter or margarine. The second recipe is for a frozen lemon mousse with a macaroon crust. It's light and delicious (but not low calorie) after a heavy seder meal. The third recipe is for coconut macaroons. These cookies are so simple to make that you'll never have to resort to the canned variety again.

7-7-7 Cake

Crust:
8 oz package of Passover chocolate cookies
3 oz semi-sweet or bittersweet (not unsweetened)
chocolate, chopped into small pieces
2 tablespoons sugar
1/2 cup melted margarine or butter

Cake:
7 eggs, separated
7 oz semi-sweet or bittersweet chocolate,
chopped into small pieces
7 oz (14 tablespoons) margarine or butter,
cut into small pieces

Preheat oven to 350 degrees. To prepare crust, finely grind cookies, chocolate and sugar in the food processor. Add melted margarine and process until crumb mixture is moist. Press the crumb mixture into the bottom of a 9-inch springform pan. Bake for 10 minutes and set crust aside to cool.

Combine 7 oz chocolate and 7 oz margarine in a large bowl. Set bowl over a pot of simmering water and stir until chocolate and margarine are melted. Set aside to cool slightly.

In a medium bowl, beat egg whites until stiff peaks form. Whisk egg yolks into the cooled chocolate mixture. Fold 1/3 of the egg whites into the chocolate mixture. Fold remaining whites into the chocolate mixture. Do not over mix, some white streaks may remain. Pour 2/3 of mousse filling into prepared crust. Set remaining 1/3 of filling aside.

Put pan on the middle rack of the oven and bake for about 25 minutes. Remove cake from oven and let cool on a rack for about 10 minutes. Cake may sink in the center slightly.

Pour remaining 1/3 of mousse filling onto the cake. Let cool to room temperature. Cover with plastic wrap and refrigerate for at least 4 hours or overnight. Run sharp knife around edge to loosen cake. Unmold cake. Run sharp knife under hot water to make slicing easier.

Frozen Lemon Mousse Torte

This recipe is based on Gale Gand's Frozen Lemon Mousse Cones (foodtv.com).

Crust:
1 pound coconut or almond macaroon cookies
(about 16-18 cookies)

Mousse:
1 cup fresh lemon juice (about 6-7 lemons)
2 cups sugar
8 egg yolks
2 whole eggs
1 cup unsalted butter or margarine, cut into pieces
1 1/2 cups 35% cream or
3 cups non-dairy whipped topping

Coarsely chop macaroon cookies in the food processor. Lightly grease the bottom of a 9-inch springform pan. Pour crumbs into pan and press against bottom to form an even crust. Set pan on baking sheet and set aside. Prepare "ice-water bath." Fill a large bowl, about halfway, with ice cubes and cold water. Set a fine mesh strainer over a medium sized bowl and place into the large ice water filled bowl.

In a large, heavy-bottomed saucepan, combine lemon juice, sugar, yolks, eggs and butter. Cook over medium heat, whisking constantly, until thickened, about 7-8 minutes. Strain lemon mousse into bowl set over ice water bath. Stir until cool. Whip 35% cream to soft peaks. Gently fold whipped cream (or non dairy whipped topping, if you are making a pareve cake) into lemon mousse and pour mixture into prepared pan. Cover cake with plastic wrap and freeze at least 4 hours. This cake is best made a day ahead and chilled overnight. Remove cake from freezer about 10 minutes before serving. Unmold and use a sharp knife dipped in hot water to facilitate slicing.

Coconut Macaroons

This recipe comes from Martha Stewart (marthastewart.com). It makes about 30 macaroons. I've been told that they keep well in an airtight container for about a week. I wouldn't know, because in my house they disappeared on the first day.

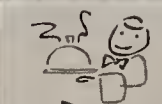
3/4 cup sugar
2 1/2 cups unsweetened shredded coconut
2 large egg whites
1 teaspoon pure vanilla extract
1/4 teaspoon salt

Preheat oven to 350 degrees F. Line 2 cookie sheets with parchment paper. In a large bowl, combine all the ingredients. It's easiest to use your hands to ensure that everything is thoroughly mixed.

Dampen your hands with cold water. Form 1 1/2 tablespoons of the coconut mixture into a loose haystack shape and place on prepared baking sheet. Repeat with remaining macaroons, placing them about 1 inch apart.

Bake until golden brown, about 15-17 minutes. Set baking sheet onto a wire rack to cool.

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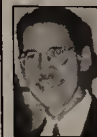
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Global Shtetl The Jewish Internet

Saul Silverman

This column – the first of two for Pesach – appears well in advance of the holidays, so that the recipe sites can be used when preparing menus and shopping lists.

I believe that the recipe collections are kosher (except in one case, where I have noted a problem), but caution readers to check specific recipes to ensure that they meet their level of observance.

General collections of Jewish recipes

A useful "starter" site is About Judaism's "Jewish Food Recipe Index" (http://www.judaism.about.com/library/food/bl_recipes.htm), which is organized according to specific holidays. The Passover link provides a bare bones menu from charoset to brisket and dessert. The most complex decision you'll have to make is between two recipes for brisket.

The exact opposite is the case when you go to the Jewish Food Mailing List Archive (<http://www.jewish-food-list.com>) [hyphen required], a must-save site for anyone who is serious about Jewish food.

This is probably the largest collection of kosher food recipes on the web, a compilation of submissions by subscribers to a continuing e-mail list (you can subscribe to become a member, receive recipes and be part of Jewish food discussion). Click "Recipes" in the menu frame. The recipes are organized by categories – from "Appetizers" to "Vegetarian." You can also use the search engine at the bottom of the recipe page to search for a specific recipe or combination of ingredients.

In the recipe list, there is a separate category for "Pesach." This is further subdivided by recipe types. Clicking on "kugels," for example provides dozens of links to Passover-specific kugel recipes, from "broccoli-walnut ring" to "zucchini-carrot kugel."

Pesach recipes on the net

Special for Pesach

You could get by very nicely by using these two general sites for your Pesach planning and recipes. But there are many special Passover websites as well.

Kosher 4 Pesach, a comprehensive site, is a gateway that links to a number of recipe sites (including vegetarian Pesach cooking). While browsing the recipe sites, I noticed a useful feature: low-fat recipes are highlighted – useful, because low-fat cooking is a necessity for some of us, and, for most of us, are a healthy and pleasant change from heavier Passover cooking. The site can be accessed at (<http://www.kosher4pesach.com>).

Another comprehensive selection of Passover information and recipes is on the Nutri-Planner All Recipes site (<http://holidayrecipe.com/features/passover.asp>). My browsing turned up a strong plus as well as a minus for this site. The plus factor is that it provides quite basic, helpful information that is often taken for granted (e.g., the basics on cooking with matzah or matzah-based products). The negative factor is that it has to be used with care by those who keep kosher. To illustrate: when I did a spot check, I came across a recipe for chopped liver that included unsalted butter (admittedly marked "optional"). If you keep kosher, either don't use the recipes in this site or omit any ingredient labeled "optional."

Also requiring some care (for a quite different reason) is the sampling of recipes from Joan Kekst's gourmet Jewish cookbooks (<http://JoansKitchenOnLine.com/recipes.html>). The problems aren't about kashruth perspective – some of her recipes are presented on the Orthodox Aish.com site. But as well as providing selections from Mrs. Kekst's Pesach Cookbook, the page provides attractive recipes from her other holiday cookbooks. So you may have to check to ensure that a particular recipe is appropriate for Pesach, or can be easily adapted. Consult the link, at the bottom of this page, which provides a list of

"safe substitutions for Passover."

Special needs

More attention is paid, these days, to special food needs. The Kosher 4 Pesach site and the Jewish Food List Archive sites can be used to find low fat and vegetarian recipes, as well as recipes that can be modified for diabetic cooking (nutrients are sometimes identified in detail in the specific recipes). There are also specific special needs recipe sources that can be consulted. In some cases, (e.g., for wheat intolerant people) special Passover sites don't seem to be available and recipes will have to be modified from non-Passover sites. But at least two areas are well covered – diabetes and vegetarianism.

Three different diabetic Passover menus, each with recipe links, can be found if you scroll down the holiday menus page at the Diabetic-Recipes.com website (<http://www.diabetic-recipes.com/menusbyoccasion.htm>) [the hyphen is part of the address].

Many people are vegetarians and many more like to make greater use of vegetarian recipes for a lighter, healthier lifestyle. The Beit Hachaturim website has an interesting page with all kinds of useful links on Pesach study and practical preparations (<http://www.geocities.com/Heartland/Hills/1259/pesach.htm>). If you scroll right down to the bottom of the page you will find a main navigation menu, and, by clicking on "vegetarian path" you'll come to a menu page for various holidays, including a number of sites of vegetarian recipes for Pesach.

Have a pleasant time in your Passover preparations, and enjoy happy Seder celebrations of this festival of our liberation from slavery.

Note: As addresses tend to be lengthy, some may have been hyphenated when extended to another line. Readers should ignore hyphens unless there is a note that hyphens are in the original address.

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Golf Tip #1:

The game of golf is based on courtesy. Always be courteous to those in your group and to others on the course. Do not distract fellow competitors by moving, talking or standing close to a player about to hit a shot. Do not stand directly behind the ball when a fellow golfer is about to hit on the fairway, and stand away from the line of another's putt when on the green.

David Nicol

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WHAT'S GOING ON

March 24 - April 6, 2003

For a detailed listing
visit www.jewishottawa.org
or www.ottawajewishbulletin.com



MONDAY MARCH 24

Shalom Ottawa TV, 5:30 p.m.

THURSDAY MARCH 27

Futures Singles 3rd happy hour, "MTL & Company", 4749 William Street (in the market), Meet new faces and make new friends. Call Tawn 722-2225, ext 401.

SATURDAY MARCH 29

Wine Tasting at Temple Israel with guest lecturer Rod Phillips of the Ottawa Citizen. RSVP 224-1802 or email Paisy Royer prayer@rogers.com.

SUNDAY MARCH 30

SJCC/Adath Shalom present a talk on "Eating Disorders", 1:00 p.m.
JACS - Jewish Alcoholics, Chemically Dependent Persons and Significant Others, location varies, call 282-0249 or email ottawa@jacs.ca.

TUESDAY APRIL 1

Authors Talk: Greenberg Families Library presents "Four Hundred Brothers and Sisters, 7:30 p.m.

WEDNESDAY APRIL 2

Greenberg Families Library book discussion - "Jew vs Jew - the Struggle for the Soul of American Jewry" by Samuel G. Freedman. Vigorous reporting and lucid writing characterize this examination of Jewish America during the latter half of the 20th century. Discussion leader: Ruth Fryman. 1:30 p.m.

Ottawa chapter of CFHU presents: Understanding Israeli/Palestinian Relations, a dialogue with Dr. Mira Sucharov. RSVP: Shell Kimmel (829-3150).

FRIDAY APRIL 4

Imagine Montreal Young Adults Conference April 4-6. Info and registration www.imagine-montreal.com.

SUNDAY APRIL 6

Temple Israel Religious School Open House, 9:30-12:30 p.m. Info: 224-3133

State of Israel Bonds Brunch honours Rabbi Arnold Fine, Congregation Agudath Israel, 1400 Coldrey Avenue, 11:30 a.m.

JACS - Jewish Alcoholics, Chemically Dependent Persons and Significant Others, location varies, call 282-0249 or email ottawa@jacs.ca

Annual Poker Tournament - An Evening in Las Vegas - Help Send a Kid to Camp; registration, 5:00 p.m.; buffet dinner, 5:30 p.m.; tournament begins, 6:00 p.m.

CANDLELIGHTING

March 28 6:06 pm

April 4 6:15 pm

April 11 7:24 pm

April 18 7:33 pm

April 25 7:42 pm

COMING SOON

TUESDAY, APRIL 8

Beth Shalom West and UJA present former Ambassador of Canada to Israel Norman Spector speaking on 'Middle East In Conflict, Middle East at Peace' SJCC 7:30 pm. Tickets: UJA (798-4696), BSW (723-1800)

THURSDAY, APRIL 10

An evening with Abigail in support of research for breast cancer, Canadian Museum of Nature, 6:00 pm. Tickets: 721-7061. Info: www.abigailshq.com

MAY 4-11

UJA Community Mission to Israel. Info: www.jewishottawa.org (798-4696, ext.272)

WEDNESDAY, MAY 21

Benefit Gala for Magen David Adom. Info: Sarah (231-3659)

MONDAY, MAY 26

Israel Bonds and UJA present an evening with Naomi Ragen. Info and tickets 792-1142.

Unless otherwise noted, activities take place at The Joseph and Rose Ages Family Building, 21 Nadolny Sachs Private

This information is taken from the community calendar maintained by the Jewish Community Campus of Ottawa Inc. Organizations which would like their events to be listed, no matter where they are to be held, should make sure they are recorded by Brenda Schaler, calendar coordinator at 798-9818 ext. 255. We have voice mail. Accurate details must be provided and all events must be open to the Jewish public. You may fax to 798-9839 or email to bschaler@jccottawa.com.

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Solomon Barza, Montreal (father of Elaine Citrome)
Morty Greenspon
Sonia Kizell, Toronto (mother of Gita Pearl, Dorothy Rosenberg and Rachel Schneiderman)
Ina Livshits
Mary Steinberg (sister of Ethel Benoway, formerly of Ottawa)
Freda Steinman
May their memory be a blessing always.

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